ALBERTA FOR ALL AGES:
Directions for the Future

GOVERNMENT-WIDE STUDY ON THE IMPACT OF THE AGING POPULATION

Participant Comments from the Focus Group Sessions

OCTOBER 1999

Impact of Aging Albertans

Alberta
COMMUNITY DEVELOPMENT

Government-Wide Study on the Impact of the Aging Population
Focus Group Sessions

Introduction

In the year 2016, an estimated 497,000 Albertans, approximately 14 percent, will be 65 years of age and older, up from 294,263, approximately 10 percent in 1999. In order to study this aging trend, the Government of Alberta established the Steering Committee for the Government-Wide Study on the Impact of the Aging Population in November 1998.

A key component of the Government-Wide Study on the Impact of the Aging Population was to seek the views of a wide range of Albertans. This was done through a number of avenues including focus groups held across the province, the Symposium on Aging, and responses to a survey and written submissions. In addition, the Committee also reviewed literature, trends and developments in other parts of Canada and internationally.

A total of 17 focus group sessions[1] were held in 15 locations across the province in October 1999, at which more than 600 Albertans took part. The purpose of these sessions was to:

- promote discussions between generations on the impact of the aging population
- encourage individuals, families, communities and all levels of government to think and plan for the aging population
- discuss with Albertans a vision to move forward to 2020 and beyond
- receive input from Albertans about future policy directions for addressing the aging population.

The following document captures the participant comments from each of the focus group sessions, facilitated by staff from Community Development. The role of the facilitators was to encourage a broad-based discussion and the full involvement of all participants on the topic area chosen from the following three areas:

- Healthy Aging
- Supportive Communities
- Impact of an Aging Population in Alberta

The comments from the focus group sessions together with the other sources of information, have been used by the Steering Committee in the development of *Alberta for All Ages: Directions for the Future*.

For further information or to request copies of related reports please call the Seniors Information Line toll free at 1-800-642-3853 or in the Edmonton area 427-7876. This document is also available on the study website at: http//:www.gov.ab.ca/mcd/seniors/impactaging/impactaging.htm

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[1] The High Level focus group planned for October 18, 1999 was cancelled due to a lack of attendance.

Focus Group Reports

Government-Wide Study on the Impact of the Aging Population

Participant Comments from Focus Group Sessions

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Government-Wide Study on the Impact of the Aging Population

Focus Group Session: St. Paul

Impact of the aging population in Alberta

What impacts will the aging population have on Alberta/Albertans by 2020?

- Increase in number of people aging and living longer
- Longer waiting lists for government services e.g. doctors, lodging, hospitals
- More demand on housing and for the service industry
- Fewer caregivers
- Will be more people with limited incomes and also more with disposable incomes
- More demand for transportation for seniors, especially in smaller centres
- Concern for food sources
- Increase taxation on working people
- Increase demand for health services
- Increase demand for health ethics
- Right to drive for older people
- More moving in with children and grandchildren
- Increase in racial prejudice
- Living in a more dangerous world, so need for more security
- Retiring age changing to a higher age
- Demands on services for those with disabilities
- More leisure time demands to work on a healthy lifestyle
- Increase in leisure learning opportunities
- Negative change in government attitude; increase in tax rate
- Computer literacy challenges
- Shift to spirituality
- Lack of cemetery room

Small Group Report

Impact of the Aging Population: What needs to be done to prepare for the future? Page 1 of 3

Successions	Financial policy	Housing availability & services	Address transportation needs & issues	Increased demand for health services & the need to change delivery	Promotions	Government responsibility	Safety & security
The need for leadership	Financial incentives for family members to care for senior – loved ones	Housing design – adaptable to various ages /disabilities	Ensure transportation availability for disabled (invalids)	Stop medical brain drain out of province	Encourage healthy life styles	Issues of aging with a disability	Review Young Offenders Act.
Career counseling	Tax incentives (rewards) for caregivers	Ensure hospital services and housing availability	Plan for extended public transportation	Provide for doctors to make house calls	Opportunities for learning and activities	Follow through public consultation with action	
The need to change	Reward those who plan and provide for themselves	Zoning – multi family		Develop ethics of health	Education of senior of the future	Lobby government for improved long term services	
	Control inflation	Municipal planning – residential services			Promotion of healthy living	Special attention – (sensitive) to people with difficulties	
	Live within our means					Develop long-term unchangeable government policies e.g. taxes/services	

Impact of the Aging Population: What needs to be done to prepare for the future? Page 2 of 3

	Successions	Financial policy	Housing availability & services	Address transportation needs & issues	Increased demand for health services & the need to change delivery	Promotions	Government responsibility	Safety & security
		Pay unemployed to provide some senior services					Review immigration policy / practice.	
Lead Responsibility	-Present seniors -Education systems -Volunteer associations	Financial Policy is the responsibility of government, individuals and families	-Governments local, provincial. -Private business -Community organizations	Transportation: -Municipality; land use bylaws; -Province; standards & strategies for availability; public consultations; partnerships & cooperation; regulations; guidelines; limits	Health – Province	Public Health Media Seniors Councils Government Private Business	Government responsibility for developing & maintaining policy, allowing people to be as independent as possible while caring for those who can't	Govts – federal, provincial, municipal

Impact of the Aging Population: What needs to be done to prepare for the future? Page 3 of 3

	Successions	Financial policy	Housing availability & services	Address transportation needs & issues	Increased demand for health services & the need to change delivery	Promotions	Government responsibility	Safety & security
Key Roles	To train	-Government must set policy that rewards, or at least does not discourage / penalize those who plan ahead -Individuals are responsible for planning for their futures -Families are responsible for caring for each other	-Local government develops needs, provides support Provincial government develops standards, provides support -Community organizations identify needs & lobby government		Develop partnerships to meet needs. Encourage ethical discussions about health issues, choices & treatments	To promote and educate	Review policies across the board e.g., immigration, as they affect both present & future availability of resources	Safety & security

Government-Wide Study on the Impact of the Aging Population

Focus Group Session: St. Paul

Healthy aging

What does healthy aging mean to you?

- Keeping active
- Financial stress reduced for low income
- Enjoying independence
- Easy, affordable access to health care
- Don't be couch potatoes
- Close support system: e.g., family, friends etc.
- Good nutrition
- Be happy, useful, leisure
- Financial independence
- No smoking
- Act our age not our urge
- Ability to make decisions
- Environmentally safe food
- Adequate recreation
- Adequate housing
- Personal responsibility for health and well being
- Work for pay (if desired) or / and attractive volunteer work (appealing, meaningful)
- Should not be penalized for wanting to work for pay e.g. cut in pension

Small Group Report

Healthy Aging: What needs to be done to encourage and promote healthy living and aging by Albertans? Page 1 of 1

	Expanded health care services	Money	Health education	Healthy life styles	Seniors transportation	Support for healthy activities
	Less cut backs in health care	Reduce taxes	Emphasize aging as a woman's issue	Stop chemicals in our food	Need transportation for medical appointments & shopping	Form activity clubs (physical & social)
	More beds and nursing staff Shorter waits	Security for seniors needed	Educate our community	Illustrate benefits of a healthy life style		More social events
	Support alternative medicine	Cut out government confusion	Be responsible			Exercise programs for seniors
	Special effort by families to be care givers					Outreach activities for less mobile seniors
	Pay families to look after seniors					Volunteers should be paid for some of their work
	Good home care and homemakers					Promote adequate recreation programs and facilities
Lead Responsibility	-Provincial government -Service providers	Government: federal and provincial	-Individuals -Government -Health units & regions		Government: local & provincial, community	Every player on the list
Key Roles	More nursing homes, seniors apartments, home care & homemakers, coverage for alternative medicine, health units & authorities	Eliminate school tax, collaboration between levels of govt. Provincial responsible for seniors security	Public health nurses, clinics, health education		Funding	-MLA support facilities -Self motivation pass on skills

Government-Wide Study on the Impact of the Aging Population

Focus Group Session: St. Paul

Supportive Communities

What would a supportive community look like?

- Accessible activities to keep seniors active
- Appropriate support systems to allow individuals to remain as long as possible in own home / community
- Creating interactions with / for seniors
- Seniors maintain independence and dignity
- Safe, adequate and affordable housing choices
- Effective, organized community support groups
- One-stop place for health services
- Caring community: people caring about people
- Social supports for life transitions: senior and family
- Supportive volunteers, youth church, seniors groups working together
- Sufficient personal income
- A dream that governments (municipal, provincial, federal) work together to support communities = support to people
- Seniors capable of own decision-making with assistance of caring and supportive community
- Seniors are prime shakers
- Did our own 'supporting communities' tonight in this room
- Safe, adequate and affordable housing choices

Small Group Report

Supportive Communities: How can we encourage and promote the development of supportive communities? Page 1 of 1

	Participaction	Mobilize communities	Planning our future
	Stress the importance of family	Community shares in responsibility	Don't wait for others – get involved
	Seniors and youth projects everywhere (school, community)	Individual commitment of 'supportive community' concept	Expect only the possible
	Recognition of volunteers	Initiate a healthy communities process	Take responsibility for your future
		Education on seniors issues	Mobilize seniors as consumers / clients
		Working together: You too Government!	
		Lobby governments	
		Focus groups	
		Pooling ideas	
Lead Responsibility	Everybody (on the list)	Everybody (on the list)	Seniors themselves have the wisdom, supported by municipal government, service providers, community organizations, families
Key Roles	Participation at their appropriate levels	Cooperation, ownership and commitment of all stakeholders (team effort)	-Seniors speak for themselves -Municipal government provides planning, support and resources -Service providers offer various supports, should collaborate more -Community organizations offer volunteers, ideas, family's support and advocacy

Government-Wide Study on the Impact of the Aging Population

Focus Group Session: Vermilion

Impact of the aging population in Alberta

What impacts will the aging population have on Alberta/Albertans by 2020?

- Not enough facilities (long term, housing, lodges)
- Increase dollars given to elderly
- Strain of pension
- Will be urban renewal. Plan to be ready.
- Greater need to public transportation.
- Increase need, missing link for assisted living
- Increase need, opportunity to meet seniors needs e.g. businesses
- More people to provide services. Will they be adequate?
- Increase in need for health care
- Seniors will be healthier
- More social and recreation activities
- Increase need for home care
- More seniors' social centres
- More training programs e.g. seniors and caretakers
- Increase need for volunteers
- Opportunity for more volunteers (positive impact)
- Change in attitude for part-time work with seniors e.g., allow to semi-retire & still work
- More community involvement from service clubs to seniors
- Increase need for religious services
- Increase need for communication
- Increase seniors driving - safety issue
- Increase immigration of young people
- Need more dollars to keep up seniors' facilities
- Growing funeral business
- Increase need for land
- More programs to overcome loneliness, helplessness, boredom
- More reliance on families to care for seniors
- Increase dependence on government

Small Group Report

Impact of the Aging Population: What needs to be done to prepare for the future? Page 1 of 2

Government's responsibilities	Facility funding	Education promotion of seniors' issues	Need for community & family involvement	Flexible, personal services
Governments need to increase seniors' programs	Long term facility strategy	More available support services, e.g., social, health, for the masses	There is a need to get more people involved – the families, young people, the elderly in providing support for our aging population	More latitude time for home care nurses
More financial support from government	Facilities dollars	Population health promotion wellness model	Volunteers encouragement development	Single point for senior programs
The right political party	More funds available for health-care facilities	Education for today's generation to be prepared for 2020 e.g., health insurance coverage, investments	Get the young people involved now	Increase educational programs for seniors' caregivers
Plan, plan, plan, plan, plan, plan		Education wellness, awareness	Greater support from families	Increase immigration to provide needed workers
Will there be old age pension?		Public awareness of impacts - aging population	Able seniors helping those who have needs	
Plan for funded CPP / OAS		View seniors as valuable resources		
More subsidized public transportation for seniors		Financial planning programs for seniors		
Greater need for pharmacare etc.		Business to provide senior service		
		Sensitive to seniors' changing needs		

Impact of the Aging Population: What needs to be done to prepare for the future? Page 2 of 2

	Government's responsibilities	Facility funding	Education promotion of seniors' issues	Need for community & family involvement	Flexible, personal services
Lead Responsibility	-MLA -Government of province -Community	Provincial government and municipal governments	Collaboration of partners – Health Canada, regional health authorities, municipal parks and recreation, community organizations, seniors groups, education, housing	Community leaders and family members with financial and legislative support of government	-East Central Regional Health Authority -Caregivers -Individuals
Key Roles	-MLA: represent seniors in parliament for their needs -Government: financial support -Community: awareness of senior needs	-Provincial government: to build the facility in partnership with community -Municipal governments: to be requisitioned for operating costs	Changing perception of seniors as a drain on society – encourage contribution of seniors to community	-Communication: a link between those served and those serving. -Services: health, shelter, transportation, recreation, food, social support	Communication, personalize, educate, plan, finance, develop programs

Government-Wide Study on the Impact of the Aging Population

Focus Group Session: Vermilion

Supportive communities

What would a supportive community look like?

- Education related workshops e.g., information sharing – banking
- Responsive to needs / challenges
- Demand more health specialists in local areas, communities
- More team communities, involvement
- Cooperative, caring considerate and encouraging
- Aging population will stay in own communities
- Recreation activities to keep an active lifestyle
- Technology training, education e.g., use of technologies, facilities for this
- Seniors will have more money and time. Allow personal decisions not mandates.
- Adequate housing, affordable e.g., options for housing available
- Readily accessible transportation with urban and rural differences in mind
- Elder abuse hotline
- Agency for home repairs etc. that is accountable e.g., Better Business Bureau and ways to deals with scams of seniors.
- Action regarding care for caregivers

Small Group Results

Supportive Communities: How can we encourage and promote the development of supportive communities? Page 1 of 1

Group determined an over arching area of emphasis to be: Leadership

	Funding	Coordinating need and services	Education	Motivation
	Financial support	Hotline connection: services I as a volunteer can offer, connect need with provider/solution	How do we reach the 'baby boomers'	Take action
	Money for policy development	Seniors in decision making	Options for leisure activities	Vocalization – be verbal, send letters
	Respite care funding	Advertise needs	Give technology training	Take personal action
		Offer opportunity for trying and sharing	Educate: via public groups, curriculum and media	
		Community must buy in	Technology	
		Community vision sharing	Dispel myths	
		Involve seniors with students	Distributing educational information	
Lead Responsibility	-All levels of government -Community organizations and service groups and families	Everyone on the list, plus schools	-Seniors: participation in committees -Community agencies: offer classes -Media: press release / tv programming -Government: financial support -Educational institutions: offering of courses -Every individual / family: get involved, be aware / proactive	-The individual -The family -Groups/service providers
Key Roles	Leaders assess availability of funds and provide ways for communities to assess	Volunteers and support	Please note key roles above	Action. Provide opportunities for individuals etc.

Government-Wide Study on the Impact of the Aging Population

Focus Group Session - Camrose

Impact of the aging population in Alberta

What impacts will the aging population have on Alberta/Albertans by 2020?

- Age of individuals on roadways (driving skills and safety)
- Need for alternate transportation i.e., rural / urban difference
- Different interpretations for defining the term "aging"
- Recreation facilities for seniors needed
- Aging is a process – changes over time
- Less input from younger generations
- Labour forces – age discrimination certain others affected – demand
- Opportunities for volunteerism
- Health care system will increase by use by older population
- More senior women's issues
- Nursing population may need to increase
- Demand for specialists e.g., medical
- More encouragement for health care professionals and training
- More assistance for seniors centres e.g., funding, people etc.
- Rural seniors – easy access to services
- Impacts on younger generation e.g., education, pensions, etc.
- Seniors care may separate them from families – treatment access
- More housing and long-term care facilities readily available
- Staffing demand for housing
- Demands of government may change political focus
- Family may take more responsibility
- Focus on meeting the needs and providing an adequate income e.g., inflation, medication, pension all considered
- Senior friendly technology and information trends
- More community services for alienated seniors
- Increased physical, emotional and financial abuse
- Long range planning of municipalities to accommodate the change
- Economic impact to the government i.e., federal, provincial and local levels

Small Group Report

Impact of the Aging Population: What needs to be done to prepare for the future? Page 1 of 2

Increased & integrated approach to planning	Creative options, solutions, programs & ideas	Review services both rural & urban seniors	More available & accessible choices in housing	Educate & train health care professionals	Education, recreation, communication
Improve government at every level	Look for innovative ideas elsewhere	Distribute services to rural areas	More housing, lodges, long-term care	Incentives for educating needed health care workers	Identify & expand upon cultural & recreational needs
More advocacy groups	Create, fund, new innovative health care options	Review mandate of social services for community services	More action; less research	Train health care professionals now	Recreation for seniors to enable seniors to keep active
	Business & industry should become involved: technological, communication, information of developmental products	More services in rural areas: medical transportation	Accommodations for handicapped seniors	More trained professionals (medical)	Educate to promote wellness and independence
	Government should hire a futurist like Toffler re: advisory	Identification of seniors at risk	More senior accommodations at all levels	Training professional and paraprofessionals in communities	Savings plan (RRSP). Prepare to save money. There won't be pensions for CPP
			Create, fund new innovative		Educate on all the issues

Impact of the Aging Population: What needs to be done to prepare for the future? Page 2 of 2

	Increased & integrated approach to planning	Creative options, solutions, programs & ideas	Review services both rural & urban seniors	More available & accessible choices in housing	Educate & train health care professionals	Education Recreation Communication
Lead Responsibility	Government & citizens	Shared responsibility	All levels of government	Government	Individuals and service providers	Service providers; community services etc.
Key Roles	Create awareness plan, encourage partnership & advocacy	-Provide dollars -Promote innovation	-Identify real needs -Rewrite the mandates -Adjust service plans -Provide resources	-Dollars -Leadership	-Provide education programs -Promote motivation	-Educating about seniors added to curricula -Service organizations setting up talks, seminars etc. involving: banks, police, business, etc.

Government-Wide Study on the Impact of the Aging Population

Focus Group Sessions - Camrose

Healthy aging

What does healthy aging mean to you?

- Good health – physical / mental
- Exercise mind and body; make my own choice
- Not shoved into a mould just because it's available
- Available, adequate facilities e.g., housing, nursing homes
- Adequate housing for older people e.g., inspections – government role, suitable
- Being able to stay close to family members
- Preventative health measures of my choice
- Paid for by whom? - percentage of working age
- Get rid of "aging" myths
- Be allowed to keep our dignity
- Make opportunities for the elderly to do things
- Prevent the burnout of care-giving families
- Succession-living facilities – need to evolve to this reality from independent care to full care within the same facility
- Involvement in significant, meaningful activities (means) greater contribute!

Small Group Report

Healthy Aging: What needs to be done to encourage and promote healthy living and aging in Alberta? Page 1 of 3

Participation & contributing	Socialization reduces isolation	Health management	Local participation	Managing your income	Family unity	Government
Encourage participation	Make friends , socializing aids a healthful outlook	Promote an active life style	Use local information "locally"	Level of care does not depend on income level	Encourage inter-generational contacts e.g. adopt a grandparent	Provide adequate housing
Promote the concept of giving as positive	Socialization is necessary	Wear out instead of rust out	Encourage local involvement	Plan for future	Encourage family living	Provide adequate health care standards
Effective housing	Encourage communities to be "senior friendly"	Promote wellness	Use info you have – you don't need anymore	Do we assume that aging and pensions are synonymous?		Provide adequate and relevant financial policies
Not to be threatened	Transportation - overcome isolation	Maintain highest possible level of independence	Stop studies – get action	Need to know that services will still be there in the future		
Independence encouraged but assistance when necessary	Information and support for mental illness e.g. depression	Less emphasis on medications – avoid problems with drug interaction	Distinguish needs from wants	Preplan retirement		
Encourage seniors to ask for help when they really need it	Freedom to pitch in	People make informed choices, not told what to do	Avoid wasting health dollars	Financial assistance when necessary		

Healthy Aging: What needs to be done to encourage and promote healthy living and aging in Alberta? Page 2 of 3

Participation & contributing	Socialization reduces isolation	Health management	Local participation	Managing your income	Family unity	Government
Dispel myths like "all seniors are feeble"			Use Camrose as an example (we are already at 2020	Managing your income		
Everyone needs security			When asking for input follow through with results			
Rules of protection, honesty & integrity in dealing with seniors & singles						
Overcome fear of existence						
Meaningful retirement activities						
Encourage seniors to reach out and be part of community						
Don't separate seniors from their community						
Opportunity to contribute to society in a meaningful way						
Encourage participation						

Healthy Aging: What needs to be done to encourage and promote healthy living and aging in Alberta? Page 3 of 3

	Participation & contributing	Socialization reduces isolation	Health management	Local participation	Managing your income	Family unity	Government
Lead Responsibility	The upcoming seniors, community	-Community -Church	-Individual. -Service providers	Local seniors	Individual	-Families, including seniors. -Church	
Key Roles	Plan for future, develop, helpful, contributing extra curricular activities. Encourage, seek out skilled people (seniors)	-Provide transportation, identify & breakdown barriers to seniors feelings of isolation. -Offer support	-Take care of yourself, stay fit, don't rely on medication, be proactive with your health. -Provide info and treatment	Organize people	-Be knowledgeable at an early age re: needs & income, use financial planner, set your goals	-Include seniors in decision making & family interaction. -Provide for senior & family activity	

Government-Wide Study on the Impact of the Aging Population

Focus Group Session – Camrose

Supportive communities

What would a 'supportive community' look like?

- Integrated community where all services are easily accessible
- 2020 Camrose community as a model for seniors government / municipal partnership
- Support and awareness for informal caregivers
- One stop seniors service centre
- Community support for independence; affordable resources to call for assistance
- Adequate facilities and staff to meet the needs of people
- Focus on the contributions that older people can make in community
- All seniors should be able to live comfortably with help nearby if they need it. Agencies that would provide support when needed without taking away independence or the role my family plays
- Coordination of various groups serving the community
- Flexibility in housing options
- Need for socialization
- Adequate income support (minimum standard)
- Model community concept
- Where you live determines how you live.
- Intergenerational connections: Keep us together
- Get rid of automative telephone service

Small Group Report

Supportive Communities: How can we encourage and promote the development of supportive communities? Page 1 of 1

	Alberta advantage	Quality of life	Community connecting	Get to: get in
	Intergovernmental involvement in program development	Flexible retirement age	Teaching "community building" in schools	Transportation study
	Proactive government (rather than reactive)	Improve senior benefit income	Intergenerational connections	Wheelchair access for downtown
	Involve present service providers	User friendly affordable housing	Supportive Attitudes	Wheels to Meals
	Agencies networking	Universal health care	Relational home care	
	Get rid of automative telephone service	More age in place facilities		
	Economic visibility in the community			
Lead Responsibility	All levels of government	-Provincial government -Employers -Municipalities -Regional health authorities	-Schools -Community organizations and service providers -Individuals and families	-Provincial govt -Municipal govt -Business community -Individuals
Key Roles	-Planning legislation, -Networking, -Gathering input	-Legislation -Personnel policies and employers -Construction -Taxation -Building codes -Home care	-Education -Coordination -Cooperation -Implementation	-Taxation, -Do the study, coordination / collaboration, guidelines

Government-Wide Study on the Impact of the Aging Population

Focus Group Session: Edmonton, Delta Inn South

Impact of the aging population in Alberta

What impacts will the aging population have on Alberta/Albertans by 2020?

- Economic impact – have and have nots
- Health care costs income support
- Housing – aging in place homes and assisted living
- Personal stress – self, system and family
- Access to services "rural" part
- Pension impacts & Canada Pension Plan
- More people need more services – need more awareness
- Healthier seniors in 2020
- Diversity and cultural awareness
- Potentially more intergenerational conflict
- Positive impact in contributions of seniors
- Fewer service providers (in the work force)
- Inflation impact
- Tax base reduced
- No private health care in Alberta
- Adequate financial resources to age gracefully and comfortably
- Adequate clear information on programs and services
- Transportation and housing assistance

Small Group Report

Impacts of the Aging Population: What needs to be done to prepare for the future? Page 1 of 3

Government responsibility	Ensuring adequate resources	Educating the community	Develop infrastructure	Support optional public health care services	Reinforce positive attitudes	Evidence based decision making
Government helping to support independent living	Promote financial independence	Educate the public and hirer more people	Subsidize housing	Preventative health care	Capitalize on wisdom of seniors	Planning and implementation of programs to deal with the situations we have started
Provide more $ for senior programs	Plan for adequate financial stability	Clear and proper information getting to seniors	Range of housing models and appropriate support services	Educate more numbers serving e.g. health care providers	Mutual respect among generations	Acknowledge and study the problem
Eliminate investor-based health care	Pressures for financial independence	Promote healthy lifestyles	Improve public transportation systems	Health promotion for all seniors for "holistic aging"	Reduce (estimate) turf protection	Senior friendly corporations e.g. free phone Individual, communities - power of the consumer $ will promote senior community organization
Develop resources	Tax breaks for informal caregivers	Education to self-help	Respectful and individualized accommodations	One-stop service access		Qualify impacts for accurate projections

Impacts of the Aging Population: What needs to be done to prepare for the future? Page 2 of 3

Government responsibility	Ensuring adequate resources	Educating the community	Develop infrastructure	Support optional public health care services	Reinforce positive attitudes	Evidence based decision making
No private health care	Pension incentives	Encourage educated immigration	Review all transportation development	Early access to treatment		More categories of seniors 65-75, and 75 plus
	Reduce taxes; increase personal savings	Public and professional education for "healthy aging"	Innovative housing options	Accessible health services		
	Review tax system	Focus on wellness promotion programs		Increase efficiency of home care		
	Young people most affected by the effects of the aging had better get involved in planning their future	Educate NOW generation		Implement programs to better seniors' health		

Impacts of the Aging Population: What needs to be done to prepare for the future? Page 3 of 3

	Government responsibility	Ensuring adequate resources	Educating the community	Develop infrastructure	Support optional public health care services	Reinforce positive attitudes	Evidence based decision making
Lead Responsibility					Healthcare services should be streamlined, integrated and specific to seniors needs		
Key Roles	Government	Government	Provincial government	Government	Jointly federal and provincial governments	Families	Federal and provincial
	-No elaboration	-Promote financial independence -Increase pension deductions -Increase tax allowances -CPP actuarially funded	-Develop a clearing housing to coordinate, universal education initiatives	-Develop infrastructure -Aging in place in local area near family and friends	-Funded by general revenues	-Self-awareness -Strong family values -"spreading" the word -Volunteer	-Establishment of a seniors ministry with clout -Information trend identification

Government-Wide Study on the Impact of the Aging Population

Focus Group Session: Edmonton, Delta Inn South

Healthy aging

What does healthy aging mean to you?

- Holistic
- Having the means and resources
- Independence means adequate health and resources
- Purposes in community
- Goals for seniors – passions
- Keeping body and mind in shape
- Stability – emotion, cultural, financial, spiritual
- Decent income… health
- Nutrition versus medicines
- Environment – physical and community built and natural
- Access to facilities
- Continuous learning on issues affecting aging
- Availability of information re: services (central access)
- Adequate access to health care
- Self-responsibility to take care of yourself, too
- Options for activity at home, in community
- Post-treatment programs
- Bring income tax policy in line e.g. activity fees as deductible health care
- Supportive social policy that walks the talk
- Inter-department single entry point
- Value worth of seniors contributions
- Support groups
- Ability (physical and mental) to participate in meaningful activities
- Financial resources to allow for a healthy life
- Look for the "silver bullet" but work with reality
- Show our presence; keep our voice of influence
- Retirement: traumatic change; evolve into it versus "cold turkey"
- Continue meaningful relationships – housebound, inactivity

Small Group Report

Healthy Aging: What needs to be done to encourage and promote healthy living and aging by Albertans? Page 1 of 6

Access to information & community resources	Development of adequate health care programs	Government support: housing, services, agencies, health care	Government policy must respond to needs for health care, transportation and tax relief with money	Ongoing education	Safer and supportive communities	Initiatives for continuing, active and meaningful participation in life	Not clustered Cards remained unnamed
Centralized access to services	Adequate numbers of doctors, nurses, etc.	Housing adaptation; realistic funding	Universal accessible publicly funded health care	Funds for continuing education	More support for community based services e.g. homecare, meals on wheels	Encourage participation in the community	National universal pension plan
Information access (community based)	Nurse practitioners to reduce the stress of general practitioners	Adequate subsidized housing for seniors	Government support for public health care needs	Access to educational and recreational facilities	Ban use of cell phones while driving	Provide meaningful activity for seniors	Have a just tax system
Information needs to be coordinated and communicated	Eliminating hospital waiting lists	Advocates for seniors living alone and without support	Transportation for frail seniors	Career development and services	Discourage the growth of industries such as gambling which lead to impoverishment of many	Reverse medicalization of aging	Creative, govt supported personal savings plan

Healthy Aging: What needs to be done to encourage and promote healthy living and aging by Albertans? Page 2 of 6

Access to information & community resources	Development of adequate health care programs	Government support: housing, services, agencies, health care	Government policy must respond to needs for health care, transportation and tax relief with money	Ongoing education	Safer and supportive communities	Initiatives for continuing, active and meaningful participation in life	Not clustered Cards remained unnamed
Funds for seniors activity centres	Education for service providers	Supportive social policy	Financial resources	Training for volunteers and staff in fitness for seniors	Regulations & follow through on basic health & safety concerns	Define healthy living and healthy aging	**Govt accountability: Will we really be listened to or is this just an exercise in futility?**
Community resources	Increased home care facilities	Continuing care that supports healthy aging	Support for community seniors programs which are a link between health care facilities e.g. Cardiac rehab facilities in local pools	Effective environmental change is needed or forget it!	Respond to doctor concerns re: bike helmets, public concerns re: environmental pollution	Phased in retirement	
Advocates	Avoid ageism	Reversing senior health care premiums	Tax relief provides incentives	Nutrition		Community provides emotional and political support	

Healthy Aging: What needs to be done to encourage and promote healthy living and aging by Albertans? Page 3 of 6

Access to information & community resources	Development of adequate health care programs	Government support: housing, services, agencies, health care	Government policy must respond to needs for health care, transportation and tax relief with money	Ongoing education	Safer and supportive communities	Initiatives for continuing, active and meaningful participation in life	Not clustered Cards remained unnamed
Directories of all kinds	Repair universal single payer health care system (medicare)	Support for seniors agencies and facilities	Tax concessions for seniors	Maintaining credibility in long careers		Appreciation for contribution	
Availability to information	advocates		More support for public transportation	Balance personal and political accountability		Goal setting	
Central information access	Restore service cut from Alberta health care			Nutrition programs		Transportation	
Central services				Educate for retirement		Attitude: there are things I can do	
Use it or lose it	Accurate diagnosis of aliments which are inhibiting healthy aging			Spiritual questions and answers: death etc.		Develop learning, geographic communities	

Healthy Aging: What needs to be done to encourage and promote healthy living and aging by Albertans? Page 4 of 6

Access to information and community resources	Development of adequate health care programs	Government support: housing, services, agencies, health care	Government policy: must respond to needs for health care, transportation & tax relief with money	Ongoing education	Safer and supportive communities	Initiatives for continuing, active and meaningful participation in life	Not clustered Cards remained unnamed
More information on healthy aging so people can make wise decisions				Multi-generation opportunities to encourage healthy views of aging		Mentors	
				Accessible and affordable physical activity programs		Educational opportunities regarding retirement planning, health planning, services available	
				Schools become community learning and participation centres; community schools		Networking services	
				Self-monitoring of seniors programs		Volunteering	

	Access to information & community resources	Development of adequate health care programs	Government support: housing, services, agencies, health care	Government policy must respond to needs for health care, transportation and tax relief with money	Ongoing education	Safer and supportive communities	Initiatives for continuing, active and meaningful participation in life	Not clustered Cards remained unnamed
					Start teaching at early age to be healthy		Communication between generations	
					Seniors helping seniors			
Lead Responsibility	-Provincial govt: coordinate, disseminate infrastructure ; money -Community organizations spread info; collect info re: needs -Individual & families: input, speak out, vote, help others, attend meetings	-Provincial govt: funding; be accountable; maintain & coordinate provincial programs; restore infrastructure -Federal govt: sustain NTC programs; restore funding, produce a just tax system; design/develop policy -Service providers: input, educate providers, be accountable	Governments	Governments	-Individuals: gather relevant info; stay healthy; participate; keep busy; volunteer; mentor; develop communication skills -Community organizations: provide spaces, programs, communication , participation	Not defined	Not defined	Not defined

Healthy Aging: What needs to be done to encourage and promote healthy living and aging by Albertans? Page 6 of 6

	Access to information & community resources	Development of adequate health care programs	Government support: housing, services, agencies, health care	Government policy must respond to needs for health care, transportation and tax relief with money	Ongoing education	Safer and supportive communities	Initiatives for continuing, active and meaningful participation in life	Not clustered Cards remained unnamed
Key Roles	(see above)	(see above)	-Housing -Services -Agencies -Healthcare -Good legislation	-Foster the community & the value of collective action -On going mechanism for public input	(see above)	Not defined	Not defined	Not defined

Government-Wide Study on the Impact of the Aging Population
Focus Group Session: Edmonton, Delta Inn South

Supportive communities: What would a supportive community look like?

- Diversity of choice / affordable choice
- Responsive to needs when needed
- Affordable housing
- One stop shopping for all services
- Home care as a savings
- Filling the gaps in housing
- More trained physicians
- Change in attitude towards seniors; not all the same (us and them)
- High taxes reduce independence
- Access to services and facilities (cooperatively)
- Sense of security
- Aging is a healthy process
- Barrier-free integration of services
- Low income housing availability
- In hospital advocacy
- Less movement for seniors (is hard)
- Seniors to stay in homes (food, walks, shoveling)
- Repairs on homes
- Homemaker services
- Less institutionalization in future
- Home business involved in
- Advocacy programs available to seniors
- Less "hoops" to jump for access
- Intergenerational activities needed
- Young / new generation may not have it as good as us now
- Better communication with stakeholders
- Abuse regulations are not enough
- Admission regulations to homes (look at these)
- Whole range of housing needed
- Recognize and fund seniors centres
- Standards for seniors' centres
- Identify elderly in homes
- Protection in group homes
- Self-contained apartments, to keep independence (dollars)
- Provisions to pay for services
- Don't live independently
- Vision statement not good: change to self autonomy
- Interdependence not dependence
- Have more choice
- Focus on abilities
- Sensitive to cultural differences

Small Group Report

Supportive Communities: How can we encourage and promote the development of supportive communities? Page 1 of 2

All stakeholders and community involvement	Strong effective inter communication and information	Government commitment: funding, policies, standards	Government policy and funding	Recognize uniqueness / diversity of needs & contributions of seniors
Get all generations involved	Increased awareness and education	Funding for staffing, regulations for qualification of staff Bonding	Effective policies; home care delivery	Emotional support of the normal processes; community support for life issues
Encourage intergenerational activities	Better access to information	Is govt actually budgeting for future	Advocacy / lobbying of politicians	High quality of life through supporting physical, emotional, spiritual, intellectual, social and cultural
All ages involved in organizations	Flexibility in choices in housing and services	Recognition and funding for support services for seniors	Land use bylaw changes e.g. master planning	Support volunteers, e.g. cost of volunteering, liability issues
More friendly neighbourhood involvement	Anti-stigma campaign on aging	Consistent fiscal policy (don't change the rules!)	Appropriate affordable services	Accommodate diversity of needs
Brainstorm how to connect people in communities / neighbourhoods, reduce segregation, isolation and stove-piping	Education programs to promote understanding	Increased government funding for lifestyle options for seniors	Political awareness of community members	Provide resources for the spiritual needs of individuals and community members
Partnerships among community groups	Education for bringing next generation into support issues and training	Untie govt $$ from occupancy / vacancy rate	Promote volunteerism	

Supportive Communities: How can we encourage and promote the development of supportive communities? Page 2 of 2

	All stakeholders and community involvement	Strong effective inter communication and information	Government commitment: funding, policies, standards	Government policy and funding	Recognize uniqueness / diversity of needs & contributions of seniors
	Facilities and housing integrating all ages		Govt needs to get back into the "brick and mortar" in partnership with the communities	Adequate appropriate funding	
				Participation in community activities	
Lead Responsibility	-Individuals -Families -Organizations -Governments	-Governments -Community organizations	-Government	-Community Development	-Individuals -Families -Community organizations
Key Roles	-Individuals: identify needs & be outcome focussed -Families: provide support, identify needs -Organizations: provide service & support, identify need, fundraising -Governments: funding; policies from input -All stakeholders: advocacy	-Governments: municipal and provincial promote and participate in partnerships -Community organizations: delivery of info and service	-Government takes the lead and assigns responsibilities to appropriate others	-Community Development will work towards the integration of services to meet the needs of seniors	-Need to influence a new perception of seniors

Government-Wide Study on the Impact of the Aging Population

Focus Group Session: Edmonton, Ramada Inn

Impact of the aging population in Alberta

What impacts will the aging population have on Alberta/Albertans by 2020?

- Increased health care usage
- Increased housing needs and changing needs
- Maintain the universal publicly funded health care
- Working people need a bigger share
- More comprehensive seniors housing planning, affordable
- Increased gap between rich and poor accessing services
- Changing lifestyle needs
- Increase in number of Albertans living below the poverty line
- Seniors in the workforce longer
- Higher standard of home care givers
- Increased corporate industry
- Increased needs for all insurance and costs
- Using the wisdom of seniors in the workforce
- Seniors will be poorer
- More political clout; grey power
- Increased numbers mean increased contributions
- Increased need for accessible transportation
- Increased need for communication and education
- Future impact depends upon what happens now

Small Group Report

Impact of the Aging Population: What needs to be done to prepare for the future? Page 1 of 3

Universal, accessible, publicly funded & delivered health care	Increase inventory of affordable & appropriate housing	Restore the financial stability & benefits of seniors	Aging as an integral part of the education process	Seniors must be an integral part of all design-making bodies	Community based increased services	"X"
No public dollars to purchase private hospital care	Insure seniors have sufficient & proper housing, affordable	Restore seniors health benefits	Add aging to school curriculum	Greater political voice for seniors e.g. dept of senior services	Increased supportive services	Restore confidence in politicians; listen this time
Avoid two tier healthcare	Increased affordable non privatized housing	Guarantee pensions and income support	Plan your retirement	Increased voice in decision-making e.g. consumer influence based	Increased assistive transportation	
Legislate to prohibit privatized health care	Lodges with acute care beds	Stop rip-off of seniors. Seniors must become political to change	Avoid ageism e.g. retirement	Seniors must sit on all policy decision committees	More nurses	
Insure we have universal medicare, including medicine	Universal standards; new home design which accommodate aging in place	Restore seniors benefits to 1990 levels	Redesign educational, health programs which reflect "levels of learning" required	Listen to seniors	Increased community based health and support services	
Support palliative care in the home	Government subsidized housing starts	Raise income tax threshold so poor seniors are exempt		Get out to events like this – get involved	Increased healthcare workers training	
Extend more care	Increased manufactured housing usage	Restore federal transfer fees to 1980 levels		Take more personal responsibility	Increased training for health caregivers	

Impact of the Aging Population: What needs to be done to prepare for the future? Page 2 of 3

Universal, accessible, publicly funded & delivered health care	Increase inventory of affordable & appropriate housing	Restore the financial stability & benefits of seniors	Aging as an integral part of the education process	Seniors must be an integral part of all design-making bodies	Community based increased services	"X"
Guarantee universal healthcare	Increased RAP qualifying to a reasonable level	Scrap healthcare premiums			Preventative health education	
Embrace a standard definition of "quality" to include the 8 dimensions as recommended by Canadian Counsel on Health Services Accreditation and Provincial Health Council	Restore seniors housing grants	Increased funding for seniors programs			Re-evaluation of privatization of services	
Measurable standards for all public health services		Decrease taxation for seniors				
Professional associations must qualify and certify according to level of learning required in 3 domains						

Impact of the Aging Population: What needs to be done to prepare for the future? Page 3 of 3

	Universal, accessible, publicly funded & delivered health care	Increase inventory of affordable & appropriate housing	Restore the financial stability & benefits of seniors	Aging as an integral part of the education process	Seniors must be an integral part of all design-making bodies	Community based increased services	"X"
	Health programs and services based on seniors wellness outcomes and on independent research studies						
	Fiscal and quality accountability which is understood by the (user and payer) citizens						
Lead Responsibility	-Government federal and provincial	-Government federal and provincial	-Government federal and provincial	-Government federal and provincial	-Government federal and provincial	-Government -federal and provincial	
Key Roles	-Government	-Government	-Government	-Government	-Government	-Government	

Government-wide Study on the Impact of the Aging Population

Focus Group Session: Edmonton, Ramada Inn

Healthy aging

What does healthy aging mean to you?

- Planning for an activity when you retire
- Independence regarding choices, lifestyle, housing, health service
- Never needing health care but knowing it is there for you
- Be able to live in your own home with all health care services provided
- Have a seniors department for all requirements
- One stop shopping for seniors health care all services, x-ray, lab, specialties
- Adequate income will enable seniors to access all relevant services
- Include seniors with disabilities
- Having within yourself the knowledge to look after your physical self
- Be allowed to age in place – community support -- support of the family – to seniors – community supports the family
- Affordable education and recreation opportunities
- Need 'non-institutionalized' facilities
- Make provisions to keep families together
- More support for seniors who wish to maintain their own home
- Secure neighbourhood
- More respect for seniors from younger generation
- Having your holistic needs met

Small Group Report

Healthy Aging: What needs to be done to encourage and promote healthy living and aging by Albertans? Set 1 Page 1 of 2

Secure income	Housing: safe, promotes respect	Transportation	Community supports	Education
Good jobs, decent benefits. More disposable income to save for retirement	Recognition of increased housing costs in various parts of province	Accessible affordable transportation	Maintain family and community ties: access to care closer to home	Public (tv, radio) education to become & stay healthy
Secure – health care & pensions	Build assisted living facilities, more safe, adequate housing	Better transportation services – rural and urban	Respect & dignity of family, community	Education re: smoking, alcohol, drugs for boomers, Generation X, youth
Remove stressers through government programs	Have home care available & readily accessible	Better transportation for disabled	Community cooperation	Promote financial planning "early"
More government financial assistance	Adequate home care & home services for all needs	Transportation: have enough $s to travel – even short ones	Community support groups	Health promotion in schools & work places
Provide a means to insure adequate income for seniors	Affordable housing	Improved public transportation	More community support groups	Maintain a healthy lifestyle adjusting for age
$s to be able to eat well; fresh fruits & vegetables	Available home care	Transportation: parking should be free	Freedom to choose	Financial education
Sufficient income – for lower income seniors	Income, housing, transportation	Hire more city workers so we can have snow removed quicker	Make it easier to maintain an independent life style	Be prepared for retirement by planning early
	Ensure facilities are available near seniors home communities		Intersectoral cooperation	More education on how to be financially secure
	Provide the choice for independent living as long as possible			Preplanning your activity needs early
				TV, movies – appropriate role models of seniors

Healthy Aging: What needs to be done to encourage and promote healthy living and aging by Albertans? Set 1 Page 2 of 2

	Secure income	Housing: safe, promotes respect	Transportation	Community supports	Education
					Encourage exercise to strengthen legs and balance – reducing falls
					Training for healthy living
					To keep good family relations stay away from bogus counselors
					Education to make seniors aware of their rights & options
					Easy access to the knowledge of how to care for yourself as you age e.g., diet & exercise
					Encourage society to accept older persons as important citizens
					Education – present care providers gerontology
Lead Responsibility	-Government federal & provincial: establish minimum adequate income levels -Individuals: try to find employment that has pension benefits	-Service providers: affordable housing -Government: federal, provincial, municipal: provide financial assistance, capital funding -Industry: cheaper material & labour costs	-Governments: federal, provincial, municipal	-Community organizations work with each other to provide central location where a senior can access all relevant info; urban & rural; intersectoral -Government: support, inspire assist funding	-Individual: take the initiative -Government: take a lead role in support of service providers -Service provider: provide programs, service and the awareness of these
Key Roles	(see above)	(see above)	-Inventory of transportation needs; role of providers all 3 levels	(see above)	(see above)

Small Group Report

Healthy Aging: What needs to be done to encourage and promote healthy living and aging by Albertans? Set 2, Page 1 of 2

Public health care issues	Legislation	Taxes	Spiritual / Mental	Disabilities
Universal affordable access to primary medical care	Ban smoking from public areas	Remove school tax for seniors over 65	Happiness -the desire to be healthy - to get educated	More support: disable seniors & give them additional finance
Preserve medicare / public hospitals	Long term plans re: government programs	Tax relief for house repairs	Physical, spiritual, emotional needs met	Recognizing disabilities
Easier access to health care to age healthy	Restore seniors benefits now (those that were cut)	Tax breaks other supports for volunteerism		More support for people with disability
Make it easier to get the help / service when need				
Enough hospital beds etc. to eliminate waiting lists				
Readily accessible. Increase number of health professionals e.g. physiotherapists occupational therapists, speech therapists, audiologists				
Decrease wait lists for non elective surgery e.g. joint replacement				
Long waiting periods for operations have to be shortened				
Doctors / nurses who make house calls				

Healthy Aging: What needs to be done to encourage and promote healthy living and aging by Albertans? Set 2, Page 2 of 2

	Public health care issues	Legislation	Taxes	Spiritual / Mental	Disabilities
	Maintain a good, available, health care system				
Lead Responsibility	-Government: federal, provincial, municipal	Not defined	Governments: federal, provincial, municipal	-Churches: counseling -Family: support -Service providers: education	-Government: federal and provincial - health & safety regulations determine the requirements & fund -Service Providers: educate advocate on behalf of seniors -Industry: recognize role that people with disabilities can play
Key Roles	-Re-allocate tax $ re: health care -Provide necessary financial support and health standards	Not defined	Re-adjust taxation issues for seniors	(see above)	(see above)

Government-wide Study on the Impact of the Aging Population

Focus Group Session: Edmonton, Ramada Inn

Supportive communities

What would a supportive community look like?

- Adequate levels of support
- Eliminate mandatory retirement age
- Programs to help with health and fitness
- Senior's residence
- Want to be independent (taper-in as movement from independence to greater dependency)
- Focus on strengths
- Focus on complimentary skills
- Adequate training and paid home care
- Adequate pension for future aging population
- Home care included in health program
- Cooperation of all levels of government and organizations
- Families and friends are supportive and supported
- Wider prospects for employment
- More dollars to community
- Seniors working not takings away from younger employment
- Address waiting lists for services
- Decisions made in isolation, so ineffective programs, must coordinate government and agencies
- Don't assume: in stereotypes e.g. income/wealth
- Provide mental and physical stimulation
- Home care
- Less expectation on families
- Everyone treated equally
- Eliminate stereotypes of aged / expectation
- More buses/ transportation
- Government give back what it took away
- Nothing changes, must listen
- Healthy seniors; healthy community
- Caring communities
- Seniors seen as contributors of society
- Seniors shouldn't be a medical model
- More programs to stay in homes

Small Group Report

Supportive Communities: How can we encourage and promote the development of supportive communities? Page 1 of 2

Fairness in distributing money	Promote wellness through providing support that is professional & flexible in meeting individual needs	Encourage and foster individual development and responsibility	Take action	How much action has been taken by govt on previous forums? None. (stand alone card)
Need dollars & cents	Flexible programs catered to individual needs	Proactive planning & action e.g. individual, family, etc.	Community meetings (each district)	
Give us back our money 16%	Better health care	Promote personal planning for aging	Strengthening senior centres	
Change tax legislation to support family care	Preventative health care	Make needs known in person	United voice to be heard	
Fees on a sliding scale e.g. home care	Expertise to help seniors health and exercise	Focus on strengths	Get support from advocates	
	Home care as a profession	Volunteerism throughout life – for all ages	Publicize / educate the value of seniors	
	Aging in place (choice)	Seek out right person	Encourage interaction	
	Programs to support independent living		Integrate seniors into education and social programs	
			Getting average senior citizen involved in decision making	
			Create a seniors department	
			Better communication between all seniors with government	

Supportive Communities: How can we encourage and promote the development of supportive communities? Page 2 of 2

	Fairness in distributing money	Promote wellness through providing support that is professional & flexible in meeting individual needs	Encourage and foster individual development and responsibility	Take action	How much action has been taken by govt on previous forums? None. stand alone card
Lead Responsibility	1)Government: provincial federal municipal 2)Local health authorities 3)Community groups 4)Individuals	-Government at all 3 levels -Service providers, individuals, family	-Governments: provincial, municipal -Community organization	-Governments: federal, provincial, municipal	
Key Roles	1)Role would be setting policy; funding 2) Admin seniors health 3)Communication promotion 4)Participation	Individual family and service providers develop ideas and plans present to government for funds	-Education -Facilitation	-Help & supply money to community office and individuals	

Government-Wide Study on the Impact of the Aging Population

Focus Group Session: Red Deer

Impact of the aging population in Alberta

What impacts will the aging population have on Alberta/Albertans by 2020?

- Decreased tax base and increased number of seniors. Who will pay?
- Greater burden on medicare. Increased demand for facilities and increased demand for medical personnel. Access to hospital services is an issue now potentially longer average stay in hospital in the future.
- Increased demand for home care
- Increased demand for specialized services: dementia, blindness, assisted care facilities
- Increased demand for services for healthy seniors
- Will need a variety of housing options
- Information needed about choices to the general population
- Ageism will grow as the number of seniors increases
- Because people are living longer the "sandwich generations" numbers will grow
- Hard to access services for rural seniors
- Senior women will face greater ageism because they live longer
- Educating young seniors for the future for the future – healthy living- prevention.
- Increased need for education for healthcare professionals on gerontology – needs to become core content in education
- Increased demand for supports for healthy seniors living at home – general living stuff
- More opportunities for intergenerational connections
- Need a new understanding of aging and treating effects
- Increased stress and impact on family caregivers – extra support needed

Small Group Report

Impact of the Aging Population: What needs to be done to prepare for the future? Page 1 of 1

	Smart Spending	Affordable, available housing & facility options	Educate to understand aging	Public awareness	Logical administration
	Not necessarily more money but "wiser" spending	Affordable and available housing	Adequate staffing levels and adequate training for care. Need time for TLC	Alert the media to encourage the integration between youth & seniors	Eliminate single point of entry
	Look at financial system	Increased construction of senior accommodation	Make caring for seniors a recognized educational pursuit	Educate people to prepare	Access to medical services trough availability
	Save CPP for CPP	More facilities	Continuing education supported by the employer re: aging		Transportation studies
	Care hierarchy should be bottom not top heavy	Need specialized units e.g. nursing home for cognitively well	Mandatory education as core competencies in all disciplines		
Lead Responsibility	Government	Group leadership of all parties involved	Joint: -Educational institutional -Service providers -Government support of competencies and certification -Public	Community	Government
Key Roles	A definite need to allocate funds appropriately		Government support of competencies and certification	Health leadership	Pass laws governing administration: reduce overhead; strategic location of facilities; enforce accountability issues; needs assessment prior to implementation

Government-Wide Study on the Impact of the Aging Population

Focus group meetings: Red Deer

Healthy aging

What does healthy aging mean to you?

- Quality of life
- Knowledge of what it means and what it takes to be healthy
- Maintain independence
- Security of knowing you'll be taken care of
- Taking proper precautions
- Adequate access to health care
- You have to have the means to maintain physical health e.g., physical and dollars
- Mentally active e.g., working past age 65; hobbies
- Good attitude
- Adequate living conditions

Small Group Report

Healthy Aging: What needs to be done to encourage and promote healthy living and aging by Albertans? Page 1 of 2

Ask and listen to seniors	Ongoing education from an early age	Think ahead or government finance	Planning to stay healthy	Promote active lifestyle	Adequate resources and planning
-Attitude: community, government, schools -Increase the feeling of value of seniors -Contributions to development of present system -Value of grandparents	Knowledge programs e.g., wellness clinics, healthy eating, exercise	No financial worries	Practice better eating habits	Involvement with church and charity groups	Organization on all levels of government
Sharing wisdom about life and aging	Education	Adequate housing for all people	Start early	Keep active -Community needs to provide alternatives and options for seniors to take part in	Monitor private health care -Programs -Dollars enough for adequate long term care, medications, transportation, clothing, food, exercise
Start early	More money for the educators	Planning for financing of pensions	Planning for financing of pensions	Volunteer activities	Assured health care -Good health care coverage
	Ongoing education available	Independence	-Prevention e.g. young aware -Incentives for younger people to save for retirement	Don't be couch potato	Yearly medical checkups

Healthy Aging: What needs to be done to encourage and promote healthy living and aging by Albertans? Page 2 of 2

	Ask and listen to seniors	Ongoing education from an early age	Think ahead or government finance	Planning to stay healthy	Promote active lifestyle	Adequate resources and planning
		Knowledge	Transportation -When people need extra help getting around -Visiting distant family -Change of scenery / vacation		Start early	FCSS resources
		Start early	Adequate transportation at reasonable cost			Monitor private health care -The need of government to regulate the increasing number of private for profit care facilities for seniors
			Start early			Start early
Lead Responsibility	Joint School and Community	Individuals	Government	Community Health Nurses	Government	Community Organizations
Key Roles	-Schools schedule topics / times -Community schedules volunteers -Approved by Education Minister	-Must be receptive to learn -Take the knowledge & use it -Must have access to the information available to increase their knowledge	-Encourage saving -Perhaps tax incentives -Help fund housing for low income seniors -Help fund transportation programs	-Wellness clinics from prenatal onwards -Education for budgeting to provide an adequate diet	-Promotion -Funding to community organizations -Resources & facilities -Adequate health care & exercise equipment -Prevention	-Check needs -Government lobby for services, resources -Some individuals will stand out and get things done

Government-Wide Study on the Impact of the Aging Population

Focus Group Session: Drumheller

Impact of the aging population in Alberta

What impacts will the aging population have on Alberta/Albertans by 2020?
(Two discussion groups on Impact of Aging were held as per participants' request)

Group One

- There will be fewer taxpayers. An implication is that there will be less tax collected yet more people needing services.
- More need for affordable and accessible housing
- Seniors will be the largest voting block
- May lose balance of young and old in rural communities
- More help needed to help people stay in their own homes
- Dollars to help support people in homes
- There will be a shortage of health care workers by 2020
- Option for seniors to work past 65 years. This will affect standard retirement ages.
- There will be higher expectations of seniors in 2020 than of seniors today, in terms of the services they expect and these new seniors will be the largest voting block.
- Will government be able to meet pension needs? This will impact young taxpayers.
- There will be a greater need for transportation for rural areas
- There will be an expectation that there will be a need for age appropriate facilities
- There will be more services created for seniors, which will come out of private businesses
- There will be a corresponding need to deal with individuals on fixed incomes
- There will be more community volunteers
- There will be a bigger push for physical fitness
- More nursing home beds will be required
- The buying patterns of individuals will change e.g., dietary
- Need younger peoples ideas
- Will our grandchildren be willing to do this?
- Will we need to look to other countries for this labour market?
- What influence will this have on our Province?
- Have training for Canadians to provide support

Small Group Report - Group One

Impact of the Aging Population: What needs to be done to prepare for the future? Page 1 of 1

	Review, adapt and improve education	**Governments need to listen, be sensitive and respond to seniors**	**Financial planning and stability for the future**	**Need to have strong support systems**
	Education: focus on health & well being from the beginning in schools	Political influence	Tax reforms: -investment -pensions	Providing support for aging volunteers
	Private business supported education programs on entrepreneurship	Allow people to work past 65 years of age	Saving at a younger age e.g. RRSP, GIC	Housing – support National Housing Strategy
	Government to provide education	Research into buying patterns		Health: Support and encourage alternative medicine/ treatments
				Low interest loans for: -transportation -services
Lead Responsibility	School boards/ educational institutions	Local & provincial seniors, community organizations, lobby groups	Government, private sector	Three levels of government
Key Roles	-Research e.g. include others, private businesses, seniors etc. -Develop necessary programs	-Lobby -Research	Government: -look at tax reforms -provide education seminars -incentives to save at a younger age Private Sector: -encourage to look at pension plans -more flexible packages	-Make long term commitments for supports i.e., one year commitment is too short -Long range planning & support -This will open it up to community groups and private sector to look at provision of balance. -Eligibility still needs to be in place

Government-Wide Study on the Impact of the Aging Population

Focus Group Session: Drumheller

Impact of the Aging Population in Alberta

What impacts will the aging population have on Alberta/Albertans by 2020?
(Two discussion groups on Impact of Aging were held as per participants' request)

Group Two

- Major overload on seniors housing
- Unable to afford health care system
- Present pension plans will be reduced
- Standard of living reduced
- Working population will be resentful
- System will be overloaded – who will pay for it?
- Shift to entrepreneurship
- Local businesses may be negatively impacted
- Greater need for modifications to housing – handicapped needs
- Shortage of volunteers
- Maybe a surplus of volunteers
- Families will have to look after their seniors
- Retirement age may go up
- People will be healthier in general
- Increase in home-care
- There will be less money being spent

Small Group Report- Group Two

Impact of the Aging Population: What needs to be done to prepare for the future? Page 1 of 2

Continue strict monitoring of social assistance	More equitable taxation	Develop a plan to alleviate future problems regarding housing	A pension plan must continue to be reviewed & modified for all classes	Change in health care system	Increase individual responsibility - less government
Social assistance for welfare people that don't really need it	More working people to help with aging population	More housing for seniors	Saving incentives for personal pension funds	Improve quality of nursing home care	More volunteerism necessary
	Change personal income tax system (complete overhaul on all levels of tax)	Financing to make housing available either for affordable ownership or rental	Change CPP to different format	Separate severe cases from healthier residents	People need to eat healthier – take better care of their bodies
			Increase pension age to 70 by 2020	If seniors are to stay in their own homes – aids to healthy living e.g. wheel chair facilities, home care, arthritic aids	Families must assume more responsibility in the care of seniors
			Pension plans must be secured through increased premiums	Address problems of home care – home care workers	Encourage a partnership between elderly & young to prohibit resentment
			People will have to create their own pension plan or nest egg	Greater home care training required	

Impact of the Aging Population (Group Two): What needs to be done to prepare for the future? Page 2 of 2

	Continue strict monitoring of social assistance	More equitable taxation	Develop a plan to alleviate future problems regarding housing	A pension plan must continue to be reviewed and modified for all classes	Change in health care system	Increase individual responsibility - less government
Lead Responsibility	Provincial government	Federal government	Provincial government	Individuals	Provincial government	Community organizations
Key Roles	Have government departments talk to each other	-Develop flat tax -Review system as a whole	-Set standards -Finance -Guidance	Educate themselves	Assemble expertise	To educate individuals & families

Government-Wide Study on the Impact of the Aging Population

Focus Group Session: Calgary, Huntington Hills Community Centre

Impact of the aging population in Alberta

What impacts will the aging population have on Alberta/Albertans by 2020?
(Two discussion groups on the impact of the aging population were held)

Group One

- Decreased demand or elimination of the lodge program – more living in their own homes
- An increase in the number of healthcare workers needed (quality care workers)
- An increase in intergenerational housing on the same property
- Poverty for seniors will remain an issue
- Increased demand for accessible public transportation
- Demands on senior centres will change
- Increase in the number of persons working past 65 years – some because they have to
- An increase in the numbers in the part time workforce – highly skilled
- Increased research into cures and prevention
- Population shift from rural to full service communities
- Smaller number of public school students and increased number of post secondary/older students
- Increased demand for affordable housing
- Younger seniors now are going to be better off than younger seniors in 20 years due to contract work and changes in workplace
- More nursing homes and care facilities needed
- Impacts on urban planning: residence styles, recreation, safety issues
- Consumer spending will shift in areas such as clothing, groceries, and health items
- Increased emphasis on community assistance in health care – dementia
- Increased emphasis in prevention

Small Group Report- Group One

Impact of the aging population: What needs to be done to prepare for the future? Page 1 of 2

Innovative housing	Improve health care	Adequate, portable, fully indexed pensions	Flexible, affordable, accessible transportation	Required certified education & training	Flexible employment opportunities	Increased government responsibility	Recognition & adapting to needs of seniors
Assisted living accommodations in smaller towns	Health care – more emphasis on prevention of accidents & illness	All pensions fully indexed with defined benefits	-Cheap / affordable opportunities for travel -Local travel / tourism increased	Increased education of health, safety, rights, programs etc. for reduced ultimate costs.	Increased demand for job sharing positions	Flexibility by government in programs, funding, taxation, laws, etc, i.e. all three levels	Senior's centre will need to adapt to meet the differing needs of the senior segments e.g. young senior versus old senior
Converting existing seniors' lodges into intermediate care facilities e.g. night nursing care, meals, house keeping, 24-hour staffing, security, medical services	More preventative health effort, which leads to decreased health costs in the future	Adequate and portable pensions (obligate employers to have pension plans)	Senior transportation – taxi or handi-bus	Certification (formal) for front line health care professionals	Elimination of mandatory retirement age	Increase input and guidance from grassroot level, e.g. seniors, families, service providers	-Increase emphasis on prevention and support of people in their own homes.
More innovative housing accommodating for a variety of generations – zoning relaxed	Keep public health care strong & eliminate premiums		-More flexible -More accessible -Safety & dignity	Workers require education & knowledge of seniors to be effective			

Impact of the aging population (Group One): What needs to be done to prepare for the future? Page 2 of 2

	Innovative housing	Improve health care	Adequate, portable, fully indexed pensions	Flexible, affordable, accessible transportation	Required certified education & training	Flexible employment opportunities	Increased government responsibility	Recognition & adapting to needs of seniors
Lead Responsibility	-Government and industry	-Government / community organizations, individuals, service providers	-Provincial government in coordination with employer and the federal government	-Provincial / municipal partnership	-Alberta health and Alberta learning and provincial associations	-Human Resources Development Canada (federal) -Employer -Employees	-Provincial government	-University
Key Roles	-Develop guidelines -Develop innovative ideas -Produce funding through partnerships	-Education -Innovative funding -Access	-Legislation Coordination	-Funding -Direction -Operation -Consultation with users and potential users	-Establish standards -Develop and implement training -Monitor for compliance	-Drive process	-Coordinate with federal government -Get input from the public	-Research in social services and health

Government-Wide Study on the Impact of the Aging Population

Focus group meeting: Calgary, Huntington Hills Community Centre

Impact of the Aging Population in Alberta

What impacts will the aging population have on Alberta/Albertans by 2020?
(Two discussion groups on the impact of the aging population were held.)

Group Two

- Seniors will be modest to low income – this will require more assistance from society and government
- There will need to be a balance between acute care, chronic and long-term care
- Need for more health care staff (geriatric)
- Alberta will be debt free
- Alberta will be prosperous
- Alberta will be self sufficient
- Alberta will be able to look after its own rather than depending on aid from Ottawa
- Alberta will be able to develop strong programs to help seniors
- More seniors will have capital
- More assisted type of living
- More aging in place type of facilities
- Changing house design to meet needs
- Changing community design to meet needs
- Demand for more choices in housing, transportation (geared to income)
- People will be encouraged to take responsibility for their own health
- Standards will need to be in place to effectively meet the needs of elderly / disabled people
- Lower workforce numbers to be able to care for people
- Seniors will be healthier and living longer
- Increasing special needs – some seniors will age quicker – will we be prepared?
- Baby boomers have more choices
- Going back to school
- Working longer
- Working part time
- There may be a bigger tax base
- The fastest growing age group is the 85+. It is well established that a decline in cognitive function i.e. dementia is not a normal part of aging, however approximately 8% of those 60 – 74 suffer a cognitive deficit, 11% from age 74 – 85 and over 30% in the 85+ age group. This will place more strain on all community services i.e. police who respond to such things as landlord – tenant disputes; neighbor disputes and self-neglect.

Small Group Report

Impact of the Aging Population (Group Two): What needs to be done to prepare for the future? Page 1 of 2

Just do it	Ensure adequate, accessible transportation	Present educational opportunities	More respect for seniors	Set appropriate standards	More housing variety and choices for seniors	Increase human health care resources
Alberta Pension Plan in addition to CPP for all citizens	Transportation public / private, accessible	-Attitude adjustment -Take responsibility - on both sides: seniors and government and society	Provincial legislation; Federal Elder Abuse; Provincial Adult Protection Legislation increase penalties under Criminal Code	Standards – in design to provide effective services	Diverse options of support / care to meet unique diverse needs	Value / recognize staff / jobs related to care of seniors
Invest dollars into solutions - no more study	Increased promotion in development and improvement of public transit / transportation	Education and financial planning responsibility for personal health care physician – geriatric	Family Values from day one	Provincial legislation re standards & regulations e.g., seniors facilities – staffing, minimum training	Legislation – municipal bylaws re granny suites	Increase human health care resources
		Career / assist seniors in staying in workplace longer – teaching etc. mentoring	Raise positive profile of seniors – value as resources / contributions	Programs must be coordinated by different levels of government	Housing variety and choice suitable for seniors / special needs	
		Education opportunities at university in education – volunteer for health & wellness				

Impact of the Aging Population (Group Two): What needs to be done to prepare for the future? Page 2 of 2

	Just do it	Ensure adequate, accessible transportation	Present educational opportunities	More respect for seniors	Set appropriate standards	More housing variety and choices for seniors	Increase human health care resources
			Educate public to prepare for their future as seniors				
			Individuals save money, have choices when retired				
			Education towards preventative health care				
Lead Responsibility	Government	Provincial government	Provincial government	Individuals	Government	Individuals	Shared leadership between RHAs & government & unions
Key Roles	-Implement recommendations from previous government studies -Invest $ in health care / housing to support seniors in the community	-Funding -Study -Coordinate with service providers i.e. municipal government	-Provide opportunities e.g. set programs -Funding for above	-Raise own children, not TV	-Revise existing legislative standards	-Must raise voices	-Increase wages / salaries and benefits

Government-Wide Study on the Impact of the Aging Population

Focus Group Session: Calgary, Huntington Hills Community Centre

Healthy aging

What does healthy aging mean to you?

- Choice of lifestyle
- Alert mentally and emotionally
- Mentally and socially healthy
- Must live in the present
- Enough income to maintain a good lifestyle
- Maintaining physical health
- Ability to access government programs
- Need communication on what is available
- Dietary factors
- Education: keep mind active
- Labeling - better understand
- Remain as independent as possible as long as one can
- Government is not to discriminate for old age renters
- Being able to meaningfully contribute to the community
- Need for seniors to communicate with seniors
- Person to person communication rather than technology e.g., automated phone lines
- Control over life and destiny
- Improved health care services e.g., 'waits' for service are too long and / or too late
- Costs are too high for some healthy living choices
- Doctors need to spend more time – some seniors are over medicated e.g., pharmacists can also be helpful in terms of spending time and providing advice to seniors

Small Group Report

Healthy Aging: What needs to be done to encourage and promote healthy living and aging in Alberta? Page 1 of 2

Providers must have an understanding of seniors needs & communicate accordingly	Cooperation for caregivers	Seniors' discounts re: living expenses	More hospital beds	Tax breaks for seniors	An acknowledgement & understanding of the aging process	Preventative health care
Communication!	Support for caregivers	Basic telephone rates are too high	Reduce health care waiting time	Eliminate AHC premiums	An acknowledgement & understanding of the aging process	Emphasize preventative health care –education on diet, exercise & emotional health
Access to information	Community support groups	Reasonable costs for seniors	Open more health beds in small town Alberta – improve medicare	Eliminate income tax from seniors living on a pension only		
More information accessible to seniors from government	Help from family and friends	Correct disparity between income and expenses	No two tier medical treatment			
Improve communication of programs to seniors	Recognition of volunteers					
Simplify seniors programs ASB and Special Needs Assistance	Less regimentation					

Healthy Aging: What needs to be done to encourage and promote healthy living and aging in Alberta? Page 2 of 2

	Providers must have an understanding of seniors needs & communicate accordingly	Cooperation for caregivers	Seniors discounts re: living expenses	More hospital beds	Tax breaks for seniors	An acknowledgement & understanding of the aging process	Preventative health care
	Central phone number for seniors						
	Individual self help and awareness of available facilities						
	Better communication of programs to seniors						
Lead Responsibility	-Individuals -Families -Government -Service Providers		Utilities, federal government, provincial government	Government of Alberta		Joint: -Government -Education system, -Medical profession -Self	
Key Roles (left blank)							

Government-Wide Study on the Impact of the Aging Population

Focus Group Session: Calgary, Huntington Hills Community Centre

Supportive communities

What would a supportive community look like?

- Health centre, no lineups
- Home support for those in their own homes
- Volunteer organizations provide support e.g., yard work, companionship, safety, etc.
- One stop shop for information
- Good transportation
- Senior friendly signage
- Education for the community
- Community volunteer program
- Accessible transportation e.g., rural
- Small centered care centers e.g., maximum 50
- Supported recreation programs
- No intergenerational barriers
- Respite services
- Nice walking spaces with benches and bathrooms
- Wide variety of choices in housing, health, recreation
- Easy access to education e.g., life long learning, affordable
- Aging in place housing, affordable e.g., security, underground parking, etc.
- Integrated programs and services for people who can't stay in their own homes and their families
- Clean and secure 24 hours
- Well lit
- More inclusive concept of "community"
- Gradual integration into "systems," e.g., housing, etc., that support choice
- Older people are valued
- More flexible work options
- More government inspection of ownership of seniors' housing
- More training and funding available for people dealing with seniors

Small Group Report

Supportive Communities: How can we encourage and promote the development of supportive communities? Page 1 of 3

Education programs & funding	Financial accessibility, incentives	Housing	Community development	Empowering seniors	Regulations and standards
Provide education on the positive aspects versus negative to all generations starting with children	Subsidies - both government and private sector	Increased flexibility in lodge policies re: aging in place	Communication between stakeholders	Senior representation on decision making bodies	Licensing standards and government regulations for all care givers
Promotion, education, information on the image of seniors	Tax incentives for families who provide care for elderly family members	Encourage multi-generational housing - funding	Coordination of a variety of community groups to provide support to seniors	Urban development to have standards to meet senior needs e.g., light, walkway, clinic, security, when developing new or renovating community	Small (50 residents) care centres owned and operated by the provincial government
Raise awareness of valuable services provided by Pubic Guardian and Public Trustee	Provide low cost annual transit passes to all low income persons (all ages)		Community provides transportation for all e.g. bus system used by children for school, seniors after 9:00 & before 3:00	Town, city to involve senior in decision making	Legislation which regulates personal care homes i.e., less than four beds
Define communities	Accessibility and affordability for aids to daily living		Communication between civic government and community members about development and transportation	Convenient, accessible locations for services	Licensing and standards monitoring body for all care facilities

Supportive Communities: How can we encourage and promote the development of supportive communities? Page 2 of 3

Education programs & funding	Financial accessibility, incentives	Housing	Community development	Empowering seniors	Regulations and standards
Education re: aging to younger generation	Affordability		To develop programs that are intergenerational e.g. flu shots. Do not segment services. Encourage intergenerational	Checklist on senior's needs	Training for staff working with seniors – to have a standard of education governed by regulatory body
Family caregiver centre – one stop shop on seniors' resources, information				Increase community forum for information & feedback – city & provincial governments	
Increased funding to post secondary education for fields in health care, seniors' support				Advisory group	
Provide education about aging & seniors to children as soon as possible					

Supportive Communities: How can we encourage and promote the development of supportive communities? Page 3 of 3

	Education programs & funding	Financial accessibility, incentives	Housing	Community Development	Empowering seniors	Regulations and standards
	Educate the community on seniors' needs					
Lead Responsibility	Health Canada	Government	Community and government	Community organizations	Individuals in partnership with different levels of government	-Standards developed by stakeholders -Regulated by government & governing bodies
Key Roles	-Program development -Advertising -Funding	-Provide financial incentives -Give out the tax breaks, grants	Policing, community forums, funding formulas, standards, needs assessment	-Advocacy -Facilitation -Leadership -Liaison	Lobbying, advocacy, volunteering, consultation, appointment to boards & commissions	

Government-Wide Study on the Impact of the Aging Population

Focus Group Session: Calgary, Fairview Community Centre

Impact of the aging population in Alberta

What impacts will the aging population have on Alberta/Albertans by 2020?

- Health care changes: in home, in hospital facility changes
- Parish nurse
- One stop-shopping centre: mental, dental, groceries
- Lower tax revenues: strain on smaller number of people working
- Transportation: more handibuses
- More care centres: increased demand for intimate scale
- More need for gerontologists
- Shopping companions to assist with shopping, computer shopping home delivery
- Senior friendly computer training
- Retirement age raised and more flexible
- Town and city planning - total overhaul: reconnect people to where activity is
- More older people driving and driving will be different
- Disparity between / within age groups and income groups will grow?
- Government pensions major inflow. Fewer to pay in (so fewer have to pay more)
- With greater number of contract of non-pension jobs that will be a greater demand the will be greater demand for group pensions
- Real estate: What are we going to do with larger houses built for families?

Small Group Report

Impact of Aging: What needs to be done to prepare for the future? Page 1 of 1

	Reconsider bus systems e.g., off hour rotation, school buses	Training and education for seniors needs	Senior friendly housing	Changes in delivery of health care/ community care services	Consideration of reallocation of government budget dollars.
	Make LRT more friendly as well as bus routes. More handy buses – government owned.	Re-educate all professionals coming in contact with seniors e.g. planners, architects, caregivers etc.	Seniors apartments built on community land, proximity to activities.	Parish nurse to be encouraged	A complete re-examination of tax structure of the provincial & federal levels basic to pensions schemes & economic disparities.
		Re-educate/ retrain politician - inept awareness of senior citizen problems.	Revise zoning to allow "mother-in-law" suites.	Promote greater geriatric care. Training of personnel	Change the way government pensions are administered and funded.
		Schools should be teaching children of seniors value to the community	Buddy system home sharing, companionship, share costs, joint meal prepare, easier maintenance, safety	Community wellness centres incorporated in community associations (funding through municipality or community)	
		New training, education, place some standards for all health professionals			
Lead Responsibility	Govt in tandem with private enterprise take lead in transportation	Government in tandem with communities take lead responsibility in education	Partnerships between the builders and government	Governments (all levels)	Federal, provincial governments prodded by electorate and "think – tanks"
Key Roles	Rethink way vehicles are used	-Build partnerships -Rethink use of existing facilities -Recycle buildings	Improve zoning by municipal government.	-Geriatric specialist -Community organizations familiar with seniors -Better caregiver care, training	-Get to know the facts -Auditor general report -International agencies -Public

Government-Wide Study on the Impact of the Aging Population

Focus Group Session: Calgary Fairview Community Centre

Healthy aging

What does healthy aging mean to you?

- Active living-opportunities available to make choices
- Lower stress to enjoy living
- Having friends to enjoy
- Eating right
- Disposable income-money
- Support systems in place when we need them
- Health care premiums hit lower income groups more
- Secure feeling in their home
- Eliminating barriers to participation e.g., like transportation
- Paying health care premiums reduces opportunity to access auxiliary services like Blue Cross etc.
- No property tax
- Affordable user fees
- Independent
- Staying in your own home
- Education-knowing what healthy aging is - the benefits
- Knowing how to take care of yourself - making informed choices
- Outlawing forced retirement - keeps people psychological health
- Volunteering
- Reading
- Intergenerational opportunities in community, not being segregated
- Be positive in outlook to life
- Physically active
- Study as to why seniors are so negative

Small Group Report

Healthy Aging: What needs to be done to encourage and promote healthy living and aging by Albertans? Page 1 of 2

More funding for education & research in alternate lifestyles	Provide support services which would sustain independence	Enlarge government provided facilities	Insure adequate income	Implement recommendations	Provide direction through senior friendly presentations
Research alternate / medicine lifestyles	Much more money has to be spent on the prevention of falls self abuse and senior abuse	Need more nursing home - lodge combined facilities so long married couples can stay together when only one needs long term care	Adequate guaranteed income	Make sure this evening was not an exercise in futility. Government called this focus group now implement the recommendations. Government has to prove that the decisions have not already been made	Train younger generation
Education on nutrition	Financially support home care options	Processes to reduce stress	Increased disposable income, -return AHC premiums, -return education taxes	The problems of today's seniors need action now, not in 2020!	
Emphasis on prevention re: lifestyle choices e.g. alcohol / drug use	Improved access to services & programs e.g. transportation client friendly services		Change welfare rules	Seniors deserve more respect from government and professionals	
Prevention -healthy lifestyle education across the lifespan	Available transportation		No education property tax	Government needs to listen to what seniors are saying	

Healthy Aging: What needs to be done to encourage and promote healthy living and aging by Albertans? Page 2 of 2

	More funding for education & research in alternate lifestyles	Provide support services which would sustain independence	Enlarge government provided facilities	Insure adequate income	Implement recommendations	Provide direction through senior friendly presentations
	Back to basics using herbal remedies instead of chemical. Having govt support in covering costs	Support for all who live in home situations		Change rules of entitlement. User fees based on ability to pay	Minister in charge of seniors affairs should be 55 years plus	
	Affordable education for all ages					
	Increase further education dollars to support social and recreation activities.					
	Opportunity to contribute in the workplace					
Lead Responsibility	Government	Service providers and government	Service providers and government	Individuals and government	Government	Community organization
Key Roles	Provides funding and tax incentives	-Evaluate needs -Financial / community support	-Service providers identify needs; -Government provides money	-Individuals get involved and -- Government has to respond and act	Listen -Respond through appropriate channels e.g. legislation	Obtain volunteers Get school involved

Government-Wide Study on the Impact of the Aging Population

Focus group meetings: Calgary Fairview Community Centre

Supportive communities

What would a supportive community look like?

- Long term care facilities in every area with attached services e.g., lab, housing, etc.
- More long term care beds
- More variety of housing and service options
- The trees will have grown considerably
- Single and double seniors' accommodations
- Good health care (physically, mentally socially) – whole family involvement
- Same environment as people age
- Lots of training for people working in the field of gerontology
- Qualified staff
- Being accountable for your own health
- More family oriented systems
- Do not privatize any existing seniors' residences
- Supports according to seniors' individual needs
- More planning for seniors' needs
- Nursing homes are gone, seniors are supported in the community
- Computer, technology will be big asset e.g., pharmacies by internet, etc.
- More doctors, better paid, better trained
- More medical services
- Organizations need to go where seniors are
- Affordable shelter
- No one falls through the cracks
- Private rooms in long term care facilities
- More family centred lodge facilities
- No senior would have to go without housing
- More seniors will be actively involved in the workplace by choice or necessity
- Perhaps retirement age of 65 may have to be changed
- Seniors are more active, involved and welcome in the community
- Decisions are made with seniors, not for them
- Supports are provided to people regardless of age
- All taxes based on income, not assets
- No property taxes
- Entitlement programs will change
- Seniors exempt from Alberta Health Care premiums
- Service delivery determined by need, not politics
- Good transportation systems meet senior's needs
- Better integration of services at various levels
- Seniors over 80 pay no taxes or fees

Small Group Report

Supportive communities: How can we encourage and promote the development of supportive communities? Page 1 of 1

	Education, updating	Government financial support (all levels) for seniors	Greater provision of community services	Health services	Development and administration
	Education at all levels	Tax breaks to families to support seniors	Provide services – mow and snow	Advocate for community health services	Strategic planning
	Seniors' awareness & education campaigns	Keep federal money in Canada	Community keep seniors in their own homes	More funds in health services e.g. Parkinson's	Partnership – share the risk
	Update seniors re: computers		More home care workers, less administration		More flexibility in programs
	Highlight opportunities		Community based support for seniors – activity circles, friendship circles, juniors helping seniors, integration		Active work now, start more programs
	Public awareness ad campaigns e.g., tv, radio, seniors take over for a day		In homes, in lodges – professionals there, not in offices		Fewer empires
	Promote services available to seniors				Change, be willing to change
	Ensure information availability				Fewer levels of control
Lead Responsibility	Community organizations	Municipalities or counties	-Community service provider -Governments	Individuals	-Province -Government
Key Roles	-Most accessible -Most knowledgeable	-Make all levels of government aware of needs -Demand support	-Identifying needs then propose to government for implementation and funding -Provision of resources -Development of standards -Encouragement of partnerships -Identify opportunities	-Take personal responsibility to maintain one's health -Lobby for better health care services	-Fact finding -Plan development

Government-Wide Study on the Impact of the Aging Population

Focus Group Session: Fort McMurray

Impact of the aging population in Alberta

What impacts will the aging population have on Alberta/Albertans by 2020?

- More opportunity for seniors to get up to speed with current technologies
- Mandatory retirement at 65 has to be moved or deleted
- Less vandalism and drug use
- More demand on government for affordable housing
- Resentment of older people by younger people
- Maintenance of sidewalks and snow removal will be needed
- Requirement for blending housing for different levels of care in the same place
- Shifting population – empty schools / facilities can be used for seniors housing
- Need for access to hospital beds, health care in the future
- More need for long term care facilities and medical services
- Demand for medicare to include eyes, dental, hearing
- Ways of getting costly services to smaller communities will be needed
- More delivery of health care services in cities
- Need for senior friendly retail services e.g., smaller servings in grocery stores
- Increased demand for transportation to urban areas in all areas e.g., medical, retail
- Need to educate younger generations on the needs of older generations
- Should have more healthier older persons
- More disabled persons due to advances in medical technologies
- Need more recreation facilities / leisure facilities and programs
- Houses being built for more than one generation
- Building codes take account needs for future seniors
- Increase in number of seniors in Fort McMurray may have a major impact on service needs
- Seniors will have more power
- Demographic makeup of communities will change due to depopulation and economic downturn

Small Group Report

Impact of the Aging Population: What needs to be done to prepare for the future? Page 1 of 2

Quality of life	More funding, more listening, less politics	Health care done differently and done better	We aren't dead yet	Government benefits / programs addressing individual needs	Community – more accessible to everybody	More affordable transportation & accommodation for seniors
Enhancement of seniors' lifestyles through education, recreation & leisure	Government needs to listen to the people	Health care needs to be restructured	Encourage respect for seniors	Programs provided to protect the most needy	Upgrade sidewalks and curbing	Transport to larger centres for medical surgery
Opportunities for more adult education	More money to municipalities e.g. Barrhead	Need to expand health care services to meet increased needs for seniors e.g. meds, medical equipment, etc.	Utilize the expertise of seniors	Choice of government provided to meet personal needs	Update building codes to allow for homes to be easily adapted to handicaps	Better transport to and from hospitals
		Education on health concerns and prevention	Government must buy into the "Senior Friendly" program	Examine rules that seem to penalize persons with "estate" or savings to pay for their nursing home care		Transportation more accessible and affordable for seniors
		Will the health facilities now enjoyed by seniors remain in the future?	No mandatory retirement of age 65 if you still want to work			Increase assistance for transportation / mobility

Impact of the Aging Population: What needs to be done to prepare for the future? Page 2 of 2

	Quality of life	More funding, more listening, less politics	Health care done differently and done better	We aren't dead yet	Government benefits / programs addressing individual needs	Community – more accessible to everybody	More affordable transportation & accommodation for seniors
			Be less rigid in assigning older couples to needed 'level of health care'				
Lead Responsibility	-Individual -Government	-Government -All those in power	-Government	-Seniors -General public	-Government - federal / provincial	-Community organizations -Municipal government	-Government -Municipalities
Key Roles	-Every individual responsible to improve their quality of life -More funding by government, education, recreation facilities	-Increase funding -Less talk – more action	-Set policy -Enter into partnerships -Fund facilities and programs -Consultation with consumers and care groups -Review and revise	-Seniors; role models partnership in schools -Government; legislation in support of seniors rights -General public; include seniors -Education institutions; design programs	-Partnership / consultation with all ages -Accountability to users	-Consultation in planning -Reviewing present codes -Budgeting for changes	-Assist by seniors groups

Government-Wide Study on the Impact of the Aging Population

Focus Group Session: High Prairie

Impact of the aging population in Alberta

What impacts will the aging population have on Alberta/Albertans by 2020?

- Health costs
- Institutional costs
- More support - innovative approach to housing
- Fewer people in the workplace
- Shortage of skilled workforce
- Lower birth rate - immigration policy
- Greater numbers of seniors than just boomers
- Living longer and living healthier
- Demand higher quality of services
- May be a short term hard hit on healthcare
- Greater need for health care due to environmental issues
- More pressure on income support programs
- Population flow will shift from rural to urban
- Pensions alone will not support basic living needs
- Educate people to start saving now
- Lots of pressure on generation X and younger re: tax burden
- More pressure on elected government officials to tap into grey power

Small Group Report

Impact of the Aging Population: What needs to be done to prepare for the future? Page 1 of 2

Planning for your future	Government programs	Strategic planning	Personal responsibility
Planning for aging years, education etc.	Lower clawback limits on OAS as soon as possible	Planning education – follow up and do it	Individual education +++ {more} health issues - environmental
Educate young people to save for old age	Safety net for low income	Government must develop long range plans to address the aging population	Increase retirement age – work as long as you want
Educate all to plan for retirement	Government also needs to save today to pay for tomorrow	Flexibility built in to plan	Recognize the need to promote independence not dependence
Start courses in high school on financial planning for old age	Support programs must only be for the needy	Listen to people – communities to respond	
Budget for your future financial needs		Government adopt innovative seniors approaches	
Education – financial, healthy living, social		Visionary immigration policy	
Government must educate the people regarding seniors issues		Recognition of diverse & different needs across the province	

Impact of the Aging Population: What needs to be done to prepare for the future? Page 2 of 2

	Planning for your future	Government programs	Strategic planning	Personal responsibility
Lead Responsibility	-Federal government -Provincial government	-Individual -Schools -Government	-Provincial government -Federal government -Individual	-Individual -Community -Family
Key Roles	-Income support only for needy -Be realistic about the level of need (poverty level) -Income support only for the needy -Promote programs that encourage saving -Start ASAP	-Make themselves aware of their future as a senior -Develop programs hands on life experience that are relevant, use seniors as a resource -Create an awareness of the 2020 impact	-Ensure follow up from public input forums -Design flexibility into long range plans -Provide for continuing public feedback -Facilitate discussion -Ensure interdepartmental cooperation re: seniors issues -Must make your concerns known -Must be access to appropriate government level	-Look after your health and self education -Service clubs could facilitate education programs -Role support seniors rather than depend on the system

Government-Wide Study on the Impact of the Aging Population

Focus Group Session: High Prairie

Healthy aging

What does healthy aging mean to you?

- Secure and safe surroundings
- Need a 'community centre' rather than a seniors centre
- We see seniors in the middle of the circle with spokes leading to housing e.g., seniors housing, seniors apartments, long term care, recreation, health care, support groups etc.
- Need services available and accessible
- Support for families who have seniors living with them
- Son / daughter does not have to quit work to care for parent(s)
- Seniors' housing is presently segregated - then they go to a seniors' centre that is segregated
- Seniors should be more integrated, not segregated
- Caring community
- Community living facilities
- If one can apply for 'maternity leave', why not have 'caregiver leave' to take care of elderly parents?
- Recreation programs and facilities
- Transportation services to access programs and services
- Support for seniors to stay in own home
- Registry of senior people living at home so they can have home visits
- Get rid of computerized answering systems
- Meals on Wheels
- Options for services e.g., personal shopping services
- Try to make services fit the senior, rather than the senior most fit the services e.g., government inflexibility
- Recreational programs needed to help 'healthy aging' proactively

Small Group Report

Healthy Aging: What needs to be done to encourage and promote healthy living and aging by Albertans? Page 1 of 1

This group identified an over arching area of emphasis as follows: Seniors come first!

	Aging with dignity	Safety and security issues	Community issues	Financial issues
	Build an assisted living centre	Help line (phone number)	Involve local recreation boards to promote activities geared to seniors e.g., swim, exercise classes	Incentives for businesses and organizations to offer seniors friendly programs
	Encourage local hospital boards to provide better long term care facilities	Protective services	Involve local government businesses and service clubs	Grants to more integrated programs, services, facilities
	24 hour home care/health care service	Better law enforcement	Volunteers – visitors, respite, transportation, snow shoveling, yard care	Feel financially secure
			Coordinate transportation services	Employment insurance for caregiver leave
			Recreation programs and facilities	Seniors component in educational programs
			Program resource centre	Flexible program guidelines
Lead Responsibility	Community organizations with the help of service providers	Provincial and local governments	Local government	Federal and provincial government
Key Roles	Service providers with help of community organizations	Coordinating programming and policing	Act as a catalyst	Grants, funding, security benefits, administration
	Service providers to lobby government for improved facilities		Coordination of resources, services	
			Awareness of the needs	

Government-Wide Study on the Impact of the Aging Population

Focus Group Session: Grande Prairie

Impact of the aging population in Alberta

What impacts will the aging population have on Alberta/Albertans by 2020?

- Streamline funding, make it a budget item
- More housing
- Resources so seniors can age in your community, for example senior facility; pressure on family tired
- Stress on health care system - home care, recreation, housing, information care givers, acute care (last years of life)
- Volunteers - in high schools and students for work experience to help seniors
- Need all generations to help if we are going to age properly
- One stop health care access - wealth of resources
- Culture sensitive to seniors care
- Meals where seniors could get one meal per day, example is Sexsmith
- Transportation - How will they cope? - accessible, affordable
- More disposal income and higher expectations
- More higher educated seniors, so they will want better quality services
- Vocal generation
- More seniors want to volunteer because they are healthy and living longer
- Ask for seniors to come to them rather than going to services
- Different model of care - primary health system (first entry into heath system)
- Stress in family especially on the women
- Seniors would like to age in place e.g., choices where seniors can age
- Tax incentives: granny suites, informal care givers e.g., family
- Special courses for training people to take care of seniors
- More educated medical people to deal with elderly
- Educate about what happens when you get older, loss of hearing, walking
- A lot more dementia will be in families and it will be getting worse

Small Group Report

Impact of Aging Population: What needs to be done to prepare for the future? Page 1 of 2

Housing	Collaboration & cooperation & partnerships	Focus on wellness	Increased funding & tax incentives	Income testing programs	Senior friendly communities	Education & buy in
Innovative housing and both public & private sector	Intergovernmental collaborations with federal, provincial & municipal	Educate on healthy lifestyles & responsibilities	Lobby increase tax incentives	More wealth will be in the hands of seniors & programs. Should be set up for those in need.	Develop senior friendly communities	Knowledge & technology & internet
Increase access to suitable housing e.g. varied	Well-defined 20 year plan: funding, infrastructure, support services & partnerships that will make it happen	Focus on wellness	Increase funding for homecare etc.			Youth should value the seniors & learn this though education
	Multi-sectorial partnerships					Educate public on shift & choices. Individuals, community & industry

Impact of Aging Population: What needs to be done to prepare for the future? Page 2 of 2

	Housing	Collaboration & cooperation & partnerships	Focus on wellness	Increased funding & tax incentives	Income testing programs	Senior friendly communities	Education & buy in
Lead Responsibility	All services providers. See list. Not for profit organizations	Provincial government	-Primary: individual -Secondary: government and organizations.	All levels of government	Provincial & federal governments.	Local government take leadership & be in partnership with senior providers.	Health & education departments
Key Roles	Government to set standards for profit & not for profit organizations.	Facilitate & mandate.	-Individuals responsible to be well. -Government & organizations to be responsible for health & social.	Increase dollars & incentives.	n/a		-Adapt curriculum and expand numbers in relevant health fields. -Create awareness programs.

Government-Wide Study on the Impact of the Aging Population

Focus Group Session: Grande Prairie

Supportive Communities

What would a supportive community look like?

- Inter-generational
- More government support
- Supportive residents – people looking out for other people
- Physical features e.g., wheelchair ramps, sidewalks
- Appropriate resources
- A community that offers flexible choices
- Availability of doctors, lodges
- Individual preparedness – people taking ownership of own responsibility

Small Group Report

Supportive Communities: How can we encourage and promote the development of supportive communities? Page 1 of 1

	Basic needs	Partnership and accountability	Innovative education
	Recreational centres cater to all ages	Partnerships – government, people, inter-government	Education – of government, of public
	Promote activities that involve all groups	Accountability for services rendered – bang for buck, government all levels, hidden costs	Educate leaders and good volunteer basis
	Culture and recreation	Municipal involvement	Early interviews – individuals, groups, infrastructure
	More health care services	Volunteers	Allow creative / innovative solutions
	Doctors, nurses, hospitals, lodges, home care	Survey requirements of specific community needs	
		Recognition of regional & urban/rural resource needs	
		Dollars and cents required	
		'Ethics' of resource allocation need to be sensitively addressed	
Lead Responsibility	Government – federal, provincial, municipal	Provincial and municipal government	Community organizations
Key Roles	Legislative framework	Increase taxes but prefer a decrease	Educational programs offered in schools
	Appropriate distribution of tax dollars	Municipality needs to assess requirements of the community & take leadership	
		Citizens of the community	
		Apply for funding programs	

Government-Wide Study on the Impact of the Aging Population

Focus Group Session: Edson

Impact of the aging population in Alberta

What impacts will the aging population have on Alberta/Albertans by 2020?

- Baby boomers won't accept lifestyle of seniors now
- Staying in area or own home, no shipping around
- Don't accept current standards, under funded
- Who will be provider of services? training?
- More input into financial aid, not adequate
- Financial burdens
- Transportation issues e.g., rural areas
- Increased pressure on medical facilities
- More seniors independent housing
- Education of seniors for healthy lifestyles
- Seniors take responsibility for own lifestyle
- Increase extended care, lodges
- Young respect older people
- Educate young
- Pressure on government to maintain / uphold benefits for seniors
- No two-tiered health system
- Plebiscite by people
- Educate children on responsibility of parents, assist them
- Impact the education system for more caregivers
- Young get into pension plans now

Impact of the Aging Population: What needs to be done to prepare for the future? Page 1 of 2

25 year plan for pension & placement of money, facility & medical care	Care for seniors by funding for health facilities etc.	Concern about elderly housing that is suitable	Community involvement & healthy lifestyles
Smarter usage of tax dollars	Special attention to medical system	Easier access to all facilities for seniors	More involvement of the community
Be responsible with money & time	Offer good university courses for caregivers	Home care & housing harmonize	Community involvement at all ages
Plan for a pension for your old age	More people trained for caring of aged	Communal lifetime living	Get ideas from other places that have successful programs
Income to pay Collapse money	Better health facilities for longer life	Housing	Commitment from youth to senior
Maintain government benefits for seniors	Government funding for qualified caregivers	More facilities to teach seniors better lifestyles	Individual responsibility for old age – health & financial
Make government benefits more accessible to people from lower incomes	Commitment & accountability from government for long range	Start planning & building facilities for elderly	Encourage healthier lifestyles
Populate the country but stricter immigration rules	Extended care facility stand alone		
Transportation corridors e.g. better roads & inner city	More home care services available		
	Assist families who wish to keep parents home		

Impact of the Aging Population: What needs to be done to prepare for the future? Page 2 of 2

	25 year plan for pension & placement of money, facility & medical care	Care for seniors by funding for health facilities etc.	Concern about elderly housing that is suitable	Community involvement & healthy lifestyles
Lead Responsibility	Tax dollars from all government levels funneled to management bodies to creatively provide health & housing affordably to all who choose	Governments – all levels	The provincial government along with the municipal government should be responsible for housing. With a minister of housing responsible for funding to the areas as needed	Service providers
Key Roles		Protecting public medicare. Tax breaks for family caregivers		Information to schools. Providing staff information & service centres. Organizing community groups & individuals

Government-Wide Study on the Impact of the Aging Population

Focus Group Session: Edson

Supportive Communities

What would a supportive community look like?

- Private developers build intergenerational facilities for families, plus 'true' public / private partnerships be developed within newly constructed apartment complexes; purpose building the number of seniors units needed in that community
- Adequate transportation, have more options around creative partnerships e.g., better use of school buses – this point is more crucial in rural areas
- Better health care support in home e.g., home care and health care etc., maintenance, yard work, house cleaning, palliative care in home rather than in the hospital
- Larger signage, elevators very accessible, more crosswalks, wheelchair accessibility, install entrance / exit doors that are not too heavy or install automatic opening doors
- Education of all ages, -- particularly for children-- that life is a transition of phases
- Seamless system – no segregation of seniors
- Incentives for families staying together e.g., take care of our own
- More equal access to services across the province e.g., people services, health care
- Communities where seniors feel safe e.g., Neighborhood Watch
- Affordable healthcare for everyone
- Get rid of automated phone lines. 'Senior friendly' service from people who answer government and other information phone lines
- Consistent level of 'senior-based' services in all communities
- 'One stop' information resource line for seniors
- Need to strive for 'aging in place' amenities and services in the home e.g., home improvement programs
- Maintain safety net for financial services for seniors.
- There will still be a need for more long-term care beds in the future, as close to the seniors' home and community as possible.

Small Group Report

Supportive communities: How can we encourage and promote the development of supportive communities? Page 1 of 2

Develop a public / private framework for adequate funding	Government leadership and new innovative ideas	Increase & improve access to creative senior services	Develop & enhance people services	Individual Choices
Adequate funding for: healthcare; transportation; housing; home care	Government incentives to promote a 'home for life' concept. Actively promote family sharing of homes e.g. granny suites & various residences within home	Continuous flow of information between consumers and providers	People helping people	Freedom of choice as to where to live. Seniors stay in home community.
Adequate care to meet the needs of the community	Involve all levels of government	Information services	Promote measures to make seniors safe in their homes e.g. daily friendly phone calls	
Develop partnerships with the business community	Governments must stay open to new ideas & acknowledge the urban/rural differences!	Promote interaction between generations, such as 'adopt a grand parent' programs	Encourage & promote all aspects of life – social have fun & meet with friends, adult centres, group activities, trips, recreation etc.	
Provide adequate incomes	Working together to get rid of 'turf'	More preventative health care education	People friendly services	

Supportive Communities: How can we encourage and promote the development of supportive communities? Page 2 of 2

	Develop a public/ private framework for adequate funding	Government leadership and new innovative ideas	Increase & improve access to creative senior services	Develop & enhance people services	Individual Choices
		Utilize FCSS in decision-making	More creative ideas from global awareness regarding senior aging communities	More advocates for the disadvantaged	
			Single point of entry for all. Seniors information at a local level e.g. pension information, housing information & recreational information	Opportunity to share their skills and experiences	
			Availability of education & technology	More good service providers	
				Involve stakeholders	
	Individuals first priority & Government second priority	All levels of government	Government at all levels. Involve all stakeholders e.g. individuals, communities, etc.	Individuals	Individuals: support of immediate family
	-Individual's role: Financial plan development -Government role: backing innovation with adequate funding	Research and consultation	To allow fair access	-Step forward, be involved -Learn helping skills	Lobby for seniors to make informed choices

Government-Wide Study on the Impact of the Aging Population

Focus Group Session: Medicine Hat

Impact of the aging population in Alberta

What impacts will the aging population have on Alberta/Albertans by 2020?

- Impact on health system e.g., home care aspect
- Low cost public housing
- Concern about pension plan -- Will they be the working poor? Will there be enough people working to support the pension plan?
- New opportunities in job market
- Need more skilled workers
- More people involved in community e.g., volunteers
- Municipalities -- public transportation from home to services, handicapped access
- Recreation system -- going to want more, they will be living longer, will want exercise programs, walking trails, etc.
- More services (like home care) will be required (families or volunteers may be a part). Seniors are the best volunteers. There will be fewer professionals to take care of a larger population of seniors.
- Technology – we're losing touch with relationships. Sitting at internet instead of conversations face-to-face, losing socialization skills – impacts – Harry Canarys in senior's community living / housing – to keep minds alive
- Understanding of wellness e.g., having therapies in different settings rather than hospital – out of institutions
- Population will double. We will have to operate on half the staff at senior centres
- Retirement age extended / staggered e.g., 2 day work week and mentor students, like in Europe
- Good planning to maintain independence e.g., dollars, looking after your own health, responsible for self
- Take responsibility now to affect good health in the future
- Financial impact on the province e.g., people moving into Alberta because it's so good here. Taxes will increase
- Personal financial saving delay now causes effect like the need for public housing in the future – more of it
- Business revitalization zones and developers need to address handicapped access, wash rooms, delivering groceries, etc.
- Ethical issues e.g., euthanasia

Small Group Report

Impact of the Aging Population: What needs to be done to prepare for the future? Page 1 of 3

We recommend that the population be taught early about aging so they can start preparing their altering lifestyle now	We recommend we remove the titles, focusing on communication and mutual respect, remembering mom & dad are people, too	We recommend we use what we have to take action	We recommend one stop shopping and the valuable programs of the past be replaced e.g. handy man, home adaptations	We recommend creating incentives so the private sector is encouraged to supply creative alternatives to health care.	We recommend more funding and new employment practices and better use of existing resources e.g., dollars & skills
Plan now for what you want and how you want to live your days	Learn from other cultures. For example aboriginal elders are respected for knowledge and share with youth – intergenerational e.g., connections, mentorship – social skills to labor skills	Social housing issues now will be amplified without change. Revamp the current system to change it to encourage people to prepare for the future rather than penalize for having assets. Encourage increasing income by working to get ahead	Housekeeping, handyman services added to "homecare" so people can be home	Decentralize health care institutional style medical attention to delivering health care at malls wellness centres focus on wellness not illness	Pension plans need to be subsidized so younger (fewer) population does not become the "angry working poor"
Be informed advocate – get involved, know your options	Stop labeling people e.g., 40 – over the hill, 65 – retired, etc.	These round table discussions have been done before. Our population is growing so the needs are on a larger scale. Where are the reports from the senior's advisory council to the minister of 10 years ago?	Providing aging in place facilities and encourage private sector to do so	Increased need for alternate therapies e.g. nutritionists, massage, therapeutic exercise, 'more golf courses'	"Recognition" and payment of continuing care workers – nursing attendants who do bedside care so people will go into the profession

Impact of the Aging Population: What needs to be done to prepare for the future? Page 2 of 3

We recommend that the population be taught early about aging so they can start preparing their altering lifestyle now	We recommend we remove the titles, focusing on communication and mutual respect, remembering mom & dad are people, too	We recommend we use what we have to take action	We recommend one stop shopping and the valuable programs of the past be replaced e.g. handy man, home adaptations	We recommend creating incentives so the private sector is encouraged to supply creative alternatives to health care.	We recommend more funding and new employment practices and better use of existing resources e.g., dollars & skills
Teach folks early in life about healthy lifestyles, financial consequences, injury prevention	Build on themes of respect, dignity – maintain independence		Dollars must follow the handicapped person for residential adaptation – keep out of institutions	Daycare support or funding assistance to keep aging parents in your home. One person would be out of the work force so this would be needed	Increased funding for development of skilled workers to deal with the impact and extra demands
A universal or shared understanding of wellness. Community education for all ages. Take responsibility, learn to take care of yourself	Develop listening skills to deter paternalism		Society in general, & specifically business & developers need to be aware of physical needs & adapt to them because there will be more & more with these needs e.g. touch access doors, ramps, wider aisles, lower carpets & handles		Reworking of "employment practices" to provide 1. Gradual, incremental retirement, e.g. work 2 days and mentor 2 days younger personnel, and play 3 days,
	Everyone should be required to have a personal directive to ensure dignity in healthcare issues				

Impact of the Aging Population: What needs to be done to prepare for the future? Page 3 of 3

	We recommend that the population be taught early about aging so they can start preparing their altering lifestyle now	We recommend we remove the titles, focusing on communication and mutual respect, remembering mom & dad are people, too	We recommend we use what we have to take action	We recommend one stop shopping and the valuable programs of the past be replaced e.g. handy man, home adaptations	We recommend creating incentives so the private sector is encouraged to supply creative alternatives to health care.	We recommend more funding and new employment practices and better use of existing resources e.g. dollars & skills
		Govt should not have some youngster in charge of seniors & seniors issues – someone who respects the seniors they will serve				
Lead Responsibility	1)Individuals 2)Government	1)Individuals 2)Service providers	1)Provincial govt 2)Community organizations	1)Government 2)Service providers		
Key Roles	1)Take responsibility 2)Future planning e.g., $ in mental health 2)Financial preparation, opportunities, be open to new alternatives 2)Get rid of red tape	1)Responsibility; getting educated; doing it; monitoring it; getting themselves educated; follow through 2)Change the image they present 2)Coordinate the services, get rid of the empires	1)Stop penalizing 1)Provide work incentives 2)Directly offer knowledge to government, when they revamp the law	1)Govt will set the programs 1)Govt assessing, coordinating agency 2)One stop shopping 2)Service providers will implement the program		

Government-Wide Study on the Impact of the Aging Population

Focus Group Session: Medicine Hat

Healthy aging

What does healthy aging mean to you?

- A lot of choice e.g., recreation, leisure, entertainment
- No services dedicated to us specifically
- People should be allowed to take individual responsibility for health – emotional, physical, mental, spiritual
- Alternative forms of health care including different avenues of healing e.g., acupuncture
- Seniors have good intergenerational relationships
- Healthy supports both ways, not just to seniors but also to grand kids
- Every person is different. What suits one person doesn't suit everyone
- We don't change when we get to be 65
- Remaining active both physically and mentally
- Decent housing , particularly for those that are disadvantaged
- Housing for chronic continuing care
- Non-segregated, integrated housing
- Peace and quiet once in a while
- Family and friends
- An active social life
- Schooling after 65
- Seniors more educated on how to be healthy in all aspects
- Healthy attitude – feeling positive about life, humour, glass half full not half empty
- Concepts introduced into schooling
- Education before age 65
- Less stress
- Include involvement in all senior programs by the people most affected
- Include senior input in government programs
- Seniors contributing not just receiving

Small Group Report

Healthy Aging: What needs to be done to encourage and promote healthy living and aging by Albertans? Page 1 of 3

Shelter be affordable and available	A minimum standard of living available to all	Seniors input and choices are recognized and supported	Seniors be given an active role in designing their own programs	Seniors have the opportunity for lifelong learning healthy lifestyles	When buildings are constructed they do it with everybody in mind	Learn through talking & reading more about each other & more respect	Incentives for healthy practices
Affordable housing, health, food, basics	Basic level of income - pensions	Government governance not in programs (seniors input)	Seniors represented by selves	Motivation for healthy living e.g., nutrition & exercise	Increase home care – granny houses	Love your neighbor	Incentives for healthy practices
Accessible affordable housing	Reduce poverty and its effects	Aging filter for community decisions	Senior involvement in program development	Teach healthy lifestyles	Integrated living	Respect for differences	Individual responsibility; don't look to govt for so much
Make room for pets in housing	Encourage saving	The end of the trail choices	Encourage public participation & speaking	Active community: sports, socialization	Social policy; how decisions affect healthy aging	Adopt a grandchild & family support	
Affordable housing for all ages; involvement of all governments	Eliminate compulsory retirement			Lifelong learning - education courses for seniors			

Healthy Aging: What needs to be done to encourage and promote healthy living and aging by Albertans? Page 2 of 3

	Shelter be affordable and available	A minimum standard of living available to all	Seniors input & choices are recognized and supported	Seniors be given an active role in designing their own programs	Seniors have the opportunity for lifelong learning healthy lifestyles	When buildings are constructed they do it with everybody in mind	Learn through talking & reading more about each other & more respect	Incentives for healthy practices
	Well developed transportation system		We recognize that a chain is only as strong as its weakest link		Decrease poverty; promote education & training			
			Recognize mental health needs & programs		Pre-retirement training, e.g. finance, leisure			
			Ensure provision for disadvantaged					
Lead Responsibility	All levels of government and private business	-Business -Government -Individuals	Service providers	Government	Community organizations	Community Governments	Community	Individuals supported by all levels of government / service providers / families

Healthy Aging: What needs to be done to encourage and promote healthy living and aging by Albertans? Page 3 of 3

	Shelter be affordable and available	A minimum standard of living available to all	Seniors input & choices are recognized and supported	Seniors be given an active role in designing their own programs	Seniors have the opportunity for lifelong learning healthy lifestyles	When buildings are constructed they do it with everybody in mind	Learn through talking & reading more about each other & more respect	Incentives for healthy practices
Key Roles We are team members -- us & us. Ensure action is appropriate	Open dialogue and collective response	-wages -minimum wages & pension subsidy education & training	-Accessible -Well staffed -Listen - Knowledgeable team players	-Appoint seniors to committees -MLAs & govt departments speaking to seniors -Educate about costs & tax impact -needs assessments	-Offer courses -Find out interests of seniors -Cater to different learning types	-Ask for help from groups such as disabled -Financial help from governments	-Make radio, tv time available, library, schools, church	-Each individual is responsible for choices & outcomes -Govt caregivers if acute need arises e.g., home care

Government-Wide Study on the Impact of the Aging Population

Focus Group Session: Medicine Hat

Supportive communities

What would a supportive community look like?

- One-stop shopping for information about services, issues and opportunities e.g., with an outreach worker
- Government telephone system needs to be changed to be able to talk to a real person
- Give seniors back their own minister / portfolio
- Adequately trained staff to provide for healthy aging, education, healthy lifestyles, etc. – more staff too and more mobile staff
- Senior tax credit for keeping parents at your home
- Continued handicapped parking
- Equal opportunity for healthcare specialists e.g., specialists coming to health centre rather than seniors having to travel, as transportation can be an issue
- Process whereby everyone of all ages in the region has input into planning for healthy aging
- Transportation for seniors e.g., easy access to destinations
- Wheelchair available at destinations for seniors
- Community where seniors maintain their independence with supports as requested e.g., with peer group seniors support each other
- Complete security for seniors e.g., seniors don't go out because they are afraid
- Get rid of the stereotype of 'the senior'
- Minimum standards e.g., financial
- Rates for care for seniors should take into account the senior's ability to pay
- Needs to be met through financial assistance
- Costs go up more than income levels
- Non-profit housing

Small Group Report

Supportive Communities: How can we encourage and promote the development of supportive communities? Page 1 of 1

	Develop educational strategies	**Provide financial support**	**Take ownership of your community**	**Develop trusting relationships**	**Develop a seniors cabinet portfolio**
	Information and education	Realistic level of financial support	Tools to access needs	Confident needs will be met	Single seniors ministry
	Educate our youth	Government support	Community based outreach support	Honor seniors	
	Training for parent care	Incentives for keeping seniors in home	Strong supportive, trustworthy partnerships	Knowing that someone really cares	
			Strong friendly access		
Lead Responsibility	Educational institutions & others	Municipal government	Community organizations	Community steering committee	Ralph
Key Roles	-Develop appropriate curriculum -Disseminate information -Evaluate, regulate, supervise -Certify completion of courses -Provide incentives for participation & screen for appropriate participants	-Provide financial assistance to support groups	-Do comprehensive needs assessment of community -Develop strategies to meet the needs in partnership with other groups	-Intergenerational viewpoints -Listen, respond, share information -Pool funding, programs, resources -Change mindsets about seniors -Shadow successes in other areas	-Develop portfolio that meets the needs of each community -Commit long term both financially and philosophically

Government-Wide Study on the Impact of the Aging Population

Focus Group Session: Lethbridge

Impact of the aging population in Alberta

What impacts will the aging population have on Alberta/Albertans by 2020?

- More public transportation e.g., personalized
- Not satisfied with traditional seniors' housing
- Centre of the town becoming the focus for seniors
- Lack of funding / support services
- More working seniors e.g., part-time etc.
- More recreation facilities e.g., walking, bike paths etc.
- More choice in everything, opportunity to be involved in decision-making
- Seniors 'ghettoized'
- Families overburdened
- More volunteers available
- More service providers
- Increase private enterprise involvement
- Fee for service
- More political influence
- More creative use of facilities e.g., schools, etc.
- Healthier, more active seniors
- Excess of facilities after baby boomers are gone
- Burden on health system
- Changes in transportation needs
- Services specially matched to seniors
- Rural / urban needs will be different
- Care facilities will be more 'home like'
- Lots of big single family homes
- Shortage of 'smaller' spaces for seniors
- All 'care' facilities will be different
- People staying in their homes longer and / or permanent

Small Group Report

Impact of the Aging Population: What needs to be done to prepare for the future? Page 1 of 2

Retirement choices for seniors	Plan community infrastructure	Inclusive long term planning	Balancing funding	Partnerships to enhance services	Health and wellness promotion
To keep seniors independent, make working linger more attractive e.g. flex time, mentoring	Work with building planners, developers, with input from seniors to identify what they want/need	Foster democratic decisions	Funding methodology to be valid e.g. MDS system	Less government 'turf wars' e.g. health and housing – partnerships provides increased choice and supports for choices	All on board – young and old and in between
Abolish mandatory retirement	Urban planning to have futuristic focus e.g. transportation, housing, recreation services - inter generational	Prioritize needs provincial, community	Be realistic re: funding	Policies at all government levels to reflect proactive planning re: senior issues (coordinate with each other)	Educate everyone now re: needs and expectations of seniors
	Reform public transit	Plan process on how to implement	Less dependence on government – individual responsibility for financial planning, user pay, fee for service, responsibility for own health & wellness	Services in place to allow seniors to age in place with dignity in own home	Recognize unpaid work (volunteering)

Impact of the Aging Population: What needs to be done to prepare for the future? Page 2 of 2

	Retirement choices for seniors	Plan community infrastructure	Inclusive long term planning	Balancing funding	Partnerships to enhance services	Health and wellness promotion
		Recreational facilities to be multi-purpose	Research, research, research	Allocate resources based on prioritization	Expand what's already in place	Maintain lifelong health maintenance
		Housing to be innovative e.g., granny suites, block watch for children & seniors	Generate a plan for future generations		Better access to better professional services	
		Make communities safe			Services to be flexible, seamless & comprehensive	
		Make flexible housing			Public and private partnerships	
		Planning – community, city, province				
Lead Responsibility	-Government -Others e.g. employers	-Government -Community organizations	Government	Government	Service providers	Families
Key Roles	-Legislation e.g., pension, RRSP -Change hiring practices -Change benefit plans e.g., flexible	-Flexible building codes, permits -Planning	-Consultation with all stakeholders -Find out what works	Balances funding based on priorities in consultation with all others	-Sharing -Cooperation	-Lead by example -Communicate needs -Education

Government-Wide Study on the Impact of the Aging Population

Focus Group Session: Lethbridge

Healthy aging

What does healthy aging mean to you? Page 1 of 2

- Ability to be independent longer
- Make own choices
- Diseases and illnesses of today do not exist
- More prophylactic prevention
- Medical profession in tune with aging process
- More than the absence of disease
- Physical, emotional, psychological well being
- Autonomy
- Looking at supports and services to promote aging in place
- Physically active
- Intellectually active
- Community active
- Feel 'useful'
- Supports for above points
- Home care supports
- Help in home/lodges
- Strong senior centre support
- Activities for mind/body
- Cure for Alzheimer's disease
- Universal access to health care (medical, physical, mental)
- Aging over lifetime – doesn't start at 65 years
- Improve health of children, young and middle aged adults
- Bigger investment in health promotion and prevention
- Not just treating disease, investing more dollars today
- Invest in prevention (more than 4%)
- Feeling that there are facilities out there if I cannot have one of my own
- Communities
- Intergenerational communities
- Families a part of seniors lives – not just 'visits'

What does healthy aging mean to you? Page 2 of 2

- Environment that supports healthy aging
- Safety, security
- Feeling needed
- Supportive community
- Secure in big sense e.g., finance, worry
- Active re-habilitation programs
- Preventing disease progression
- Community based rehabilitation programs
- Not just physical, but mental and substance problems
- Funding to follow client
- Positive attitude
- Personal accountability
- Healthy public policy e.g., cigarette smoking in public, seatbelts etc.
- Safe and clean environment

Small Group Report

Healthy Aging: What needs to be done to encourage and promote healthy living and aging by Albertans? Page 1 of 2

Financial incentives	Increase public education for future healthy living now	Valuing seniors – change societal norm in three years	We need to provide increased community support services. (Community)	For seniors to age healthy we recommend available support services be in place to meet these needs. (Individual)	Promote seniors developmental services	Appropriate & accessible services for seniors & caregivers
Tax breaks	Need to start educating youth to interact with seniors	Respect for seniors	Community 'focus' centre e.g., dentists, physio/rehab, crafts, cooking, day care-kids/elders, doctors/nurses, financial	Housing for seniors 55-65 years	Promote image of the healthy active senior	Improve health services
Need for a tax break or exemption for people who look after parents	Education e.g., earlier and through the age groups – accent the positive	More acceptance of the 'value' of seniors	Intergenerational seniors' centres in all communities to promote healthy living	Universal design with affordable housing	Keep persons active	One stop shopping includes seniors hotline
Tax credit for every year one stays away from needing medical services	More knowledge about health promotion	Decrease isolation e.g., adopt a family or grandparent	Intergenerational supportive community	Transportation	Lifelong learning opportunities e.g., finance, nutrition, exercise, hobbies, other	Emergency response for seniors / caregivers
More funding to follow individual e.g., not every senior has money	Health promotion & prevention	Asking present seniors		Increased home care	Involve seniors on various boards	

Healthy Aging: What needs to be done to encourage and promote healthy living and aging by Albertans? Page 2 of 2

	Financial incentives	Increase public education for future healthy living now	Valuing seniors – change societal norm in three years	We need to provide increased community support services. (Community)	For seniors to age healthy we recommend available support services be in place to meet these needs. (Individual)	Promote seniors developmental services	Appropriate & accessible services for seniors & caregivers
	Need an incentive for families to look after parents	Prevention and early intervention	Aging should be normal not a disease		Senior centre lodges used as a community kitchen	Seniors helping seniors	
	Cooperation of all levels of government to buy into the idea	Health promotion and maintenance					
		Health public policy					
		Educate for healthy living					
Lead Responsibility	Government	Provincial government	Everyone	Individuals and Communities	Government involvement	Governing bodies	Community
Key Roles	Incentives for families	-Funding -Media -Stationary -Instructors -Facilities	-Interactive neighborhoods -Media e.g. tv, radio, magazines -Positive image	-Develop leaders -Awareness	-Provide funding incentives -Provide consultative services	-Provide opportunities -Create facilities e.g. exercise -Create programs	-24 hour hotline -Developing volunteers -Developing professionals

Government-Wide Study on the Impact of the Aging Population

Focus Group Session: Lethbridge

Supportive communities

What would a supportive community look like?

- Flexible housing options for aging in place
- Houses adapted to accommodate aging
- Transportation between and within communities
- Recreation facilities
- Group housing with suites and one stop shopping for health care, recreation, graduated care
- Need for safety – town and city commitment e.g., sidewalk repairs
- Accessible and affordable services
- Seniors reps on town and city councils
- Health care delivered to seniors in groups
- Monitor the medication to seniors
- Each senior has access to their own doctor – doctors may have to travel to seniors
- More neighborhood watch for seniors – quick response, safety system to keep an eye on and assist seniors – buddy system
- Seniors integrated into all neighborhoods
- Walking paths, integration into child and youth programs
- Integration socially into community – don't isolate seniors
- Availability of home delivered services – home care, groceries etc.
- Education about seniors needs and issues through schools and churches to make youth more aware
- Programs need to be less complicated and more coordinated

Small Group Report

Supportive Communities: How can we encourage and promote the development of supportive communities? Page 1 of 2

Providing adequate and sustainable funding	Introduce a seniors advocate to the political process	Education to the needs of seniors	Promotion of education in community organizations of marketing skills to access non traditional resources for all ages	Promotion and awareness of aging
Senior's Ministry	Senior's Ministry	Educate public as to the needs of seniors	Identify non-traditional resources in the community	Can we speak for the 40-year-olds today? We know what we would like to see, but can we speak for the baby boomers?
Lobby government for funding – only one tax payer	Advocates for seniors in the community	Encourage careers in gerontology	Get community organizations involved	
Financial help whether govt or local e.g., land purchase	Involve seniors in the decision making process	Seniors 2000 conference	Identify areas for private enterprise	
Restore government funding	Senior's community forums	Education and awareness	Encourage everyone's participation in caring for everyone – any age	
Financial reimbursement for families in caregiver roles	Ensure senior involvement in the community			
Provide adequate salaries for caregivers	Encourage the political will of local government to address senior issues			

Supportive Communities: How can we encourage and promote the development of supportive communities? Page 2 of 2

	Providing adequate & sustainable funding	Introduce a seniors advocate to the political process	Education to the needs of seniors	Promotion of education in community organizations of marketing skills to access non traditional resources for all ages	Promotion and awareness of aging
	Encourage more community health care services				
	Mental health services				
Lead Responsibility	Provincial government with community organizations and local governments	Provincial government	Senior ministry in the provincial govt with input from local senior groups, health department, family & community organizations	Individuals and families	Provincial government and municipal government
Key Roles	Actively involved in the community needs	-Appoints a seniors advocate to the political process -Govt through consultation with service providers & seniors from local community as well	-Conferences -Education / awareness programs -Internet / schools -Community organizations	-Education -Organize community groups to bridge gaps in the system	-Coordination of a total community response & education system -Media campaign

Government-Wide Study on the Impact of the Aging Population

Focus Group Session: Pincher Creek

Impact of the aging population in Alberta

What impacts will the aging population have on Alberta/Albertans by 2020?

- Frugal savers may be penalized by tax system
- Need lots of highways (little ones for carts)
- More motorized wheelchairs, handi-buses etc.
- More computer literate
- More leisure time
- Increased demand for euthanasia
- Increased demand for cemetery space and cremation
- More government control
- More people available for volunteering
- Smaller living quarters
- More active and mobile people
- Seniors contributing longer to workplace, quality of life
- Increased need for assisted living, medical services and home care
- Redefinition of who is responsible for seniors services
- Increased education about seniors issues
- More indoor recreational activities
- Supported travel / tours
- Some 'poor' seniors must be helped
- Healthier and wealthier – different age for retirement
- Stay in own area, where their roots are

Small Group Report

Impacts of the Aging Population: what needs to be done to prepare for the future? Page 1 of 2

	Open door education	Address essentials of aging	Government to spend our tax dollar more wisely	Encourage Self care
	Seniors encouraged to face electronic age	Seniors housing with full range of services	Tax structure changed. RRSP withdrawals not taxed if used for personal care aids or home repairs	Less dependency on government e.g., housing, services, transportation, etc.
	More computer skills	Aging in place facilities	Lobby government to protect seniors rights and minimize taxes	Negotiating trades with seniors "I'll mow your lawn if you bake me some bread"
		Recruiting and attracting geriatric caregivers to rural areas	Alberta should establish a ministry for seniors	Responsibility for own health
		Seniors in rural areas have access to transportation	One window for seniors assistance – e.g., simplify forms and services	Development of wellness and health centres – focus on whole body and mind
		Encourage younger people to find careers with aging	Task force address that forerunner of the baby bulge – What are we going to need? What are the expectations?	Encourage and recruit more one on one volunteers e.g., for infirm elderly
		Improved handicapped access in smaller communities	Incentives to develop senior type housing	
Lead Responsibility	Individual	Government	-Government all levels	-Individuals -Communities
Key Roles	Find out what the score is	Facilitate and organize communities / families / individuals and to pay attention	Ask and listen to the people	Sharing and caring being responsible, visit each other, participate

Government-Wide Study on the Impact of the Aging Population

Focus Group Session: Pincher Creek

Healthy aging

What does healthy aging mean to you? Page 1 of 2

- Being able to be with spouse
- Staying in home / community
- Have family nearby
- Travel – all sorts
- Health services
- Closer facilities
- Transportation
- Medical care
- All levels of government look at taxes – leaving seniors with enough income
- Sufficient extended and long term care
- Continue some form of work we enjoyed to keep mind healthy
- No 'vegetating' in front of the tv
- Encourage gardening and crafts etc.
- Safe food / good nutrition
- Close to children / grandparents can see what they do in school
- If I as a senior cannot take care of myself, I make the decision on my future, rather than my children
- Seminars / workshops to prepare for aging
- Government enable us to be financially stable
- Affordable medical care
- Need to address privatization e.g. health care
- Alzheimer's disease – What can we do to help families?
- Support for families / caregivers
- Home?
- Support for caregivers = $, training, etc.
- Meals on Wheels, respite care
- Education – older people back in schools
- Interaction between old people and young people
- Intergenerational programs 'baby day' at hospital
- Information available to everyone
- All departments (i.e. health, education) partner to create programs
- Partnerships between governments and community groups/services
- Who do you go to for help and information?
- Not everyone on the internet
- Accessible information
- More people in the front lines e.g. home economists
- Proper and affordable dental care

What does healthy aging mean to you? Page 2 of 2

- Price to get teeth cleaned from $20.00 plus
- More big medical machines locally so we don't have to travel to Calgary
- Adequate pension
- In 2020 the internet and technology will be easy
- Physical exercise is good – don't stop being involved
- Opportunities to be active
- Personal initiative to be active
- Diet – avoid obesity
- Decent/healthy foods
- Health / diet info-education
- Safety!
- Safe to go for walks
- Healthy spiritual stability
- Emotional wellbeing taken care of
- Cheaper Viagra!

Small Group Report

Healthy Aging: What needs to be done to encourage and promote healthy living and aging by Albertans? Page 1 of 2

Develop healthy food and exercise programs	**Plan Educate Communicate Senior survival 'Muscle power for the future'**	**Basic health care improved**	**Improve availability of health treatment facilities and procedures**	**Various provincial groups must be responsible in creating various agencies to keep the aged active in political discussions, further education, community problems, reading activities, television & video programs suited for seniors.**	**We want sex education for seniors.**	**Basic tax incentive for senior home owners**
Food programs-healthy foods for seniors-no genetic foods	Talk about the future with your family	Eye care	Wider acceptance of alternative new medical procedures under medicare	Keep minds active by becoming involved (i.e. political, educational, reading community	A question asked at seminar on retiring. What about sex after 65? Answer: Use it or lose it! or try Viagra!	Tax incentives for home owners
Healthy eating and exercise e.g., sports, swimming, golfing, curling, bowling, walking etc.	Write down your personal directives i.e., life, death, care decisions	Improved dental coverage	Eliminate waiting periods for MRI & other treatments	Participation in social groups		
Natural cures and herbs e.g., acupuncture etc.	Families will have to take more active care of each other	Continue government sponsored medical plans		Activities, walking, laughter, socialize		

Healthy Aging: What needs to be done to encourage and promote healthy living and aging by Albertans? Page 2 of 2

	Develop healthy food and exercise programs	Plan Educate Communicate Senior survival 'Muscle power for the future'	Basic health care improved	Improve availability of health treatment facilities and procedures	Various provincial groups must be responsible in creating various agencies to keep the aged active in political discussions, further education, community problems, reading activities, television & video programs suited for seniors.	We want sex education for seniors.	Basic tax incentive for senior home owners
		Communicate between the generations	Transportation for medical plans		TV programs suited for seniors		
		More planning when young e.g., realistic housing plan	Transportation for medical services				
		Educate all ages of people	Better trained home care				
Lead Responsibility	-Government -Community	-Government -Family and individual -Service groups and community organizations	-Provincial government and all other groups	-Government and service providers	-Government and community organizations	Medical	-Provincial and federal governments
Key Roles	-Education and set standards -Programs and advertising	-Set up plan, checklists, financial -Carryout -Seminars, financial advertising	-Easier access for eye care and dental help for costs -Involved in transportation	Help with transportation to major facilities and / or more facilities	-Tax dollars for groups -Provincial grants by government workers provided by community town budgets	Education on sex for seniors	Provide help

Government-Wide Study on the Impact of the Aging Population

Focus Group Session: Pincher Creek

Supportive communities

What would a supportive community look like?

- Care facilities within the community so people don't have to move away
- Better transportation
- Buildings which are accessible – no stairs
- Nearby parking
- More contact with others on a daily basis
- Integrate schools with seniors
- Smaller, more centrally located facilities for seniors – facing east or south
- More public awareness – preparation financially and in other ways for aging
- Incorporate family into care for seniors
- Support for care givers
- Attention to icy roads and walks and parking lots, etc.
- Break down jurisdictional boundaries e.g., handi-bus sharing
- Cooperation between groups
- A place for seniors to meet and socialize with others
- Not necessarily in a formal, organized way
- More rental accommodation for seniors e.g., larger (2 bedroom), affordable
- More volunteers in the community – all ages
- One agency (phone number) to field senior calls and then redirect to appropriate service provider
- Nursing staff in lodges to administer medication
- Multi-levels of care
- Aging in place
- Real time audio-video link with hospitals in Calgary for specialist assistance
- Reduce need to travel for specialist care
- Pre-assessment for surgery done locally

Small Group Report

Supportive Communities: How can we encourage and promote the development of supportive communities? Page 1 of 2

Develop informal social networks	Educate today for tomorrow	Coordinate services for seniors and care givers.	The development of integrated housing (affordable)	Activate political change at all levels: local, provincial, federal	Promote cooperation within the community
Re-introduce canning, gardening, building of crafts, seniors and young people	Maybe we should advertise, what we have more than what we do e.g., Huddlestun Centre	Authorized Knowledgeable Competent Structure (administrative)	Young couple living side by side with seniors, in a duplex, share duties	Reverse "claw back" taxing pensions.	Co-operation – sharing resources e.g., handi-bus, service clubs
Encourage pets	Education of population – re-aging	Seniors help line	Senior housing central location	Encourage seniors to become more politically involved e.g., in MLA's office	Involvement of churches -Provide transportation to church, meals, visiting
Encourage lonely seniors to go to centres like the Huddlestun Centre. And bring a friend day.	Encourage young people to attend meetings like this.	-Night or day care -Care giver support -Respite care		Working with town council \ MD	Be more supportive to other cultures e.g., Aboriginal in this area
Becoming involved with the schools e.g., students going to seniors' homes or centres.	Advertise and educate people about needs	Co-ordination of medical services for seniors		Employers support caring for our seniors (our own families)	

Supportive Communities: How can we encourage and promote the development of supportive communities? Page 2 of 2

	Develop informal social networks	Educate today for tomorrow	Coordinate services for seniors and care givers.	The development of integrated housing (affordable)	Activate political change at all levels local, provincial, federal	Promote cooperation within the community
	Organized trail walks, level ground		Authorized medical personnel in lodges and homes		Build safer highway, twinning highway	
	Coordination of volunteers		Contracting out – Does it save money? Standard of care established			
	Service club need to recruit younger members (aging members)					
Lead Responsibility	Community organizations	Government – all levels	Service providers	Service Providers	Individuals	Community organizations
Key Roles	-Provide manpower volunteers -Funding -Coordination -Expertise	-Funding -Courses -Television programs	-Hire a coordinator -Advertise services	-Hands on knowledge of the needs -Speak on behalf of seniors.	Group of supporters "stir the pot"	-Define what's needed and carry it out -Individuals who volunteer for tasks